

Fig. 1



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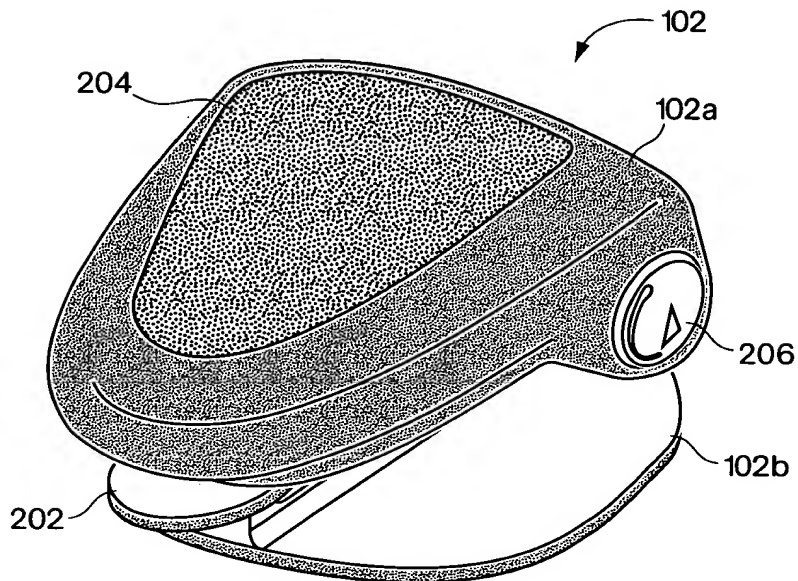


Fig. 2A

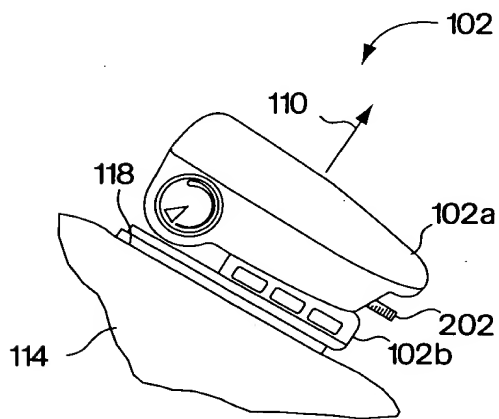


Fig. 2B



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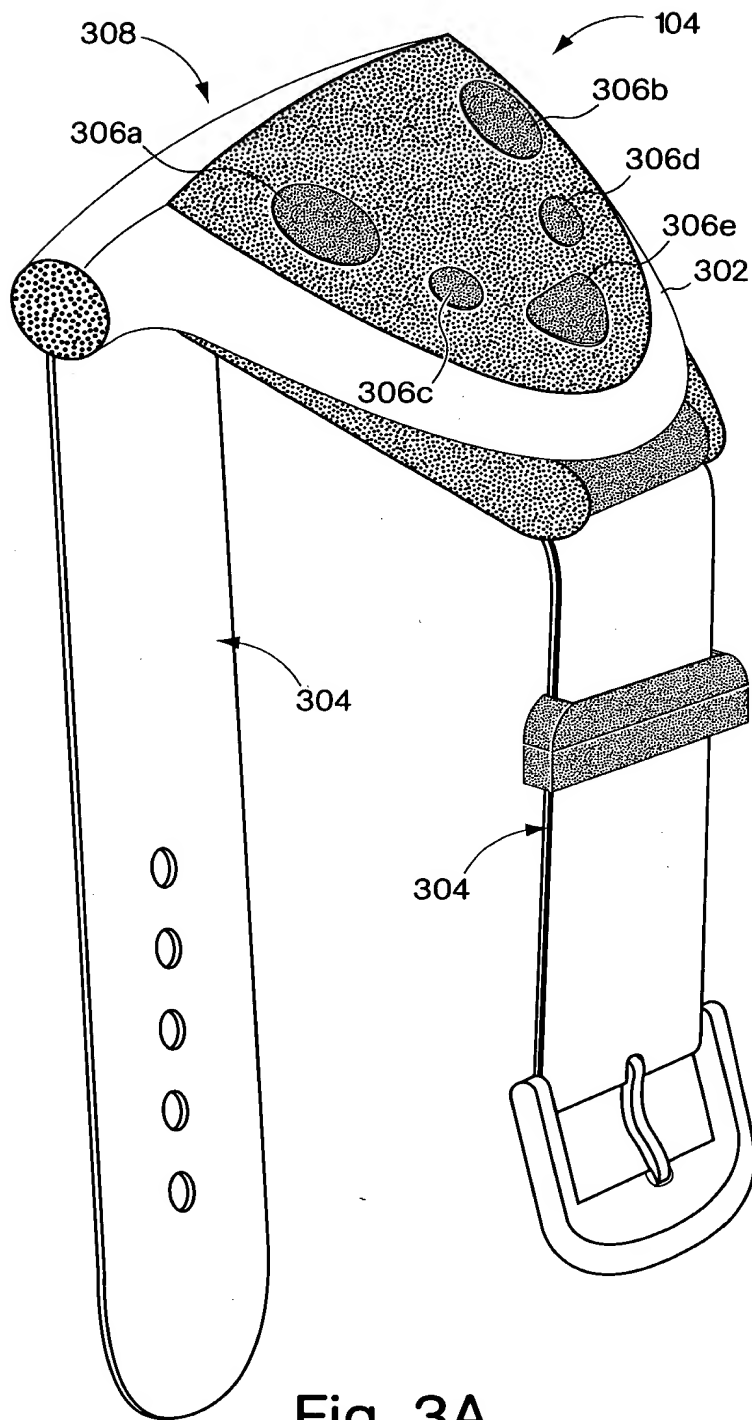


Fig. 3A

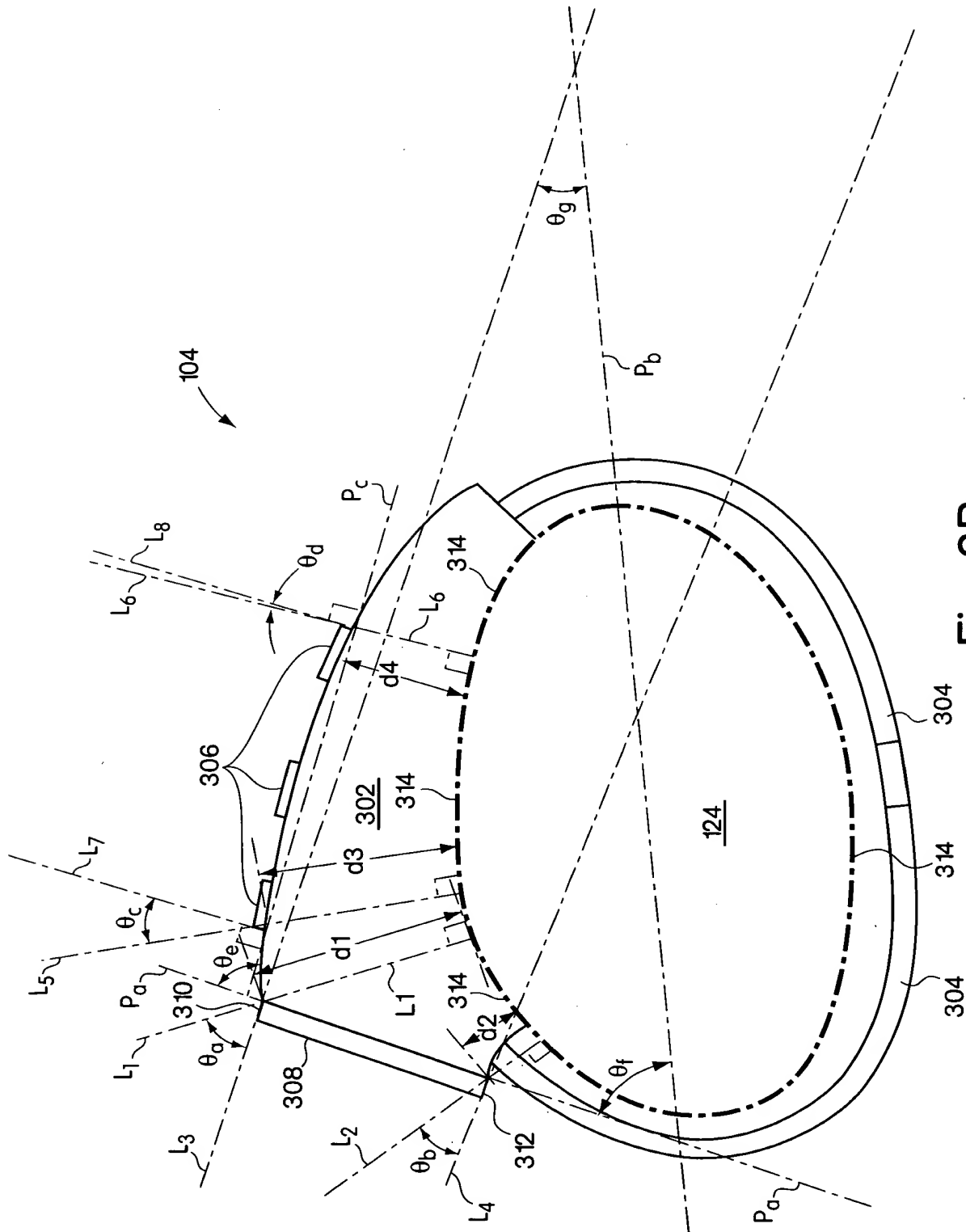


Fig. 3B

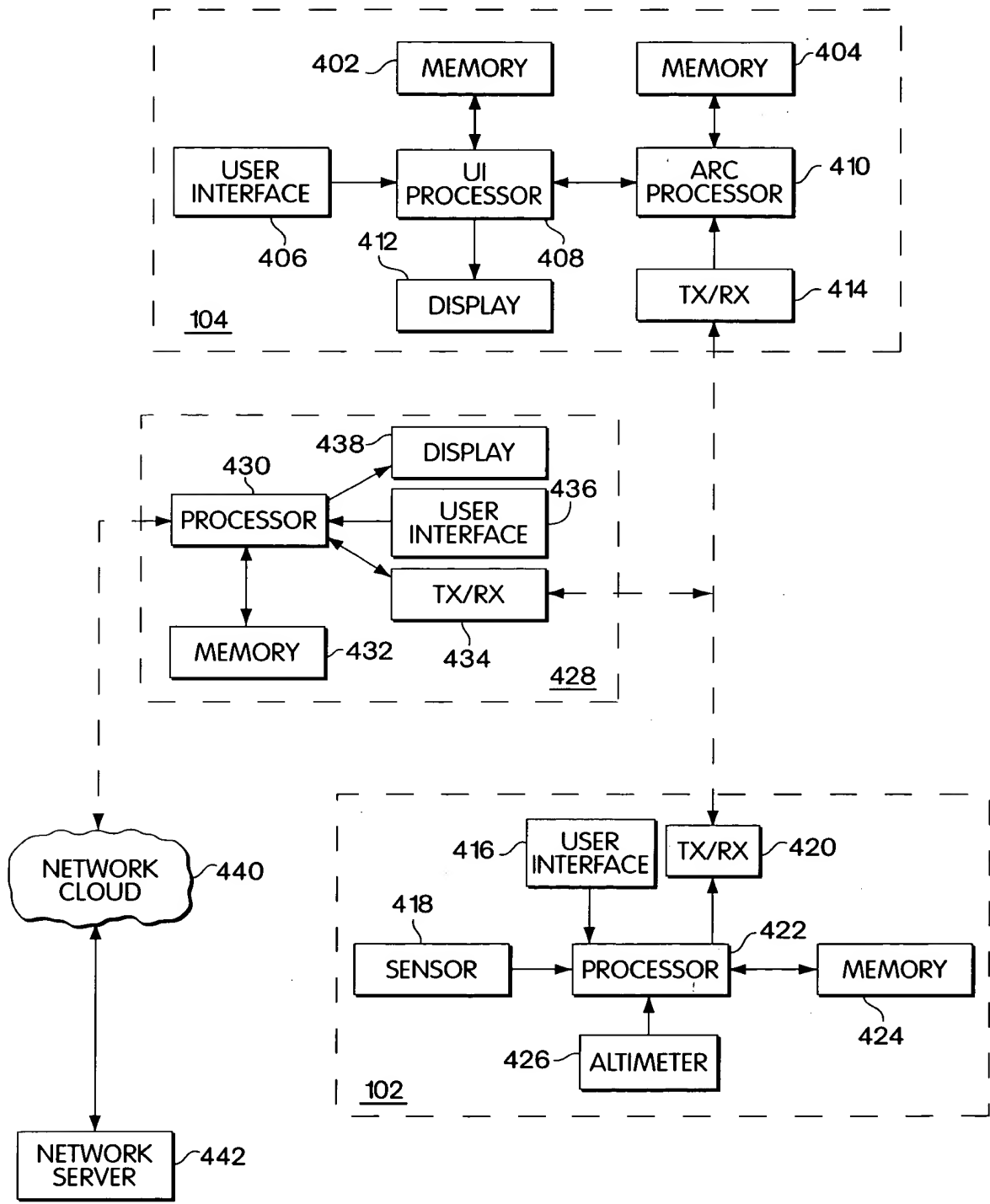


Fig. 4



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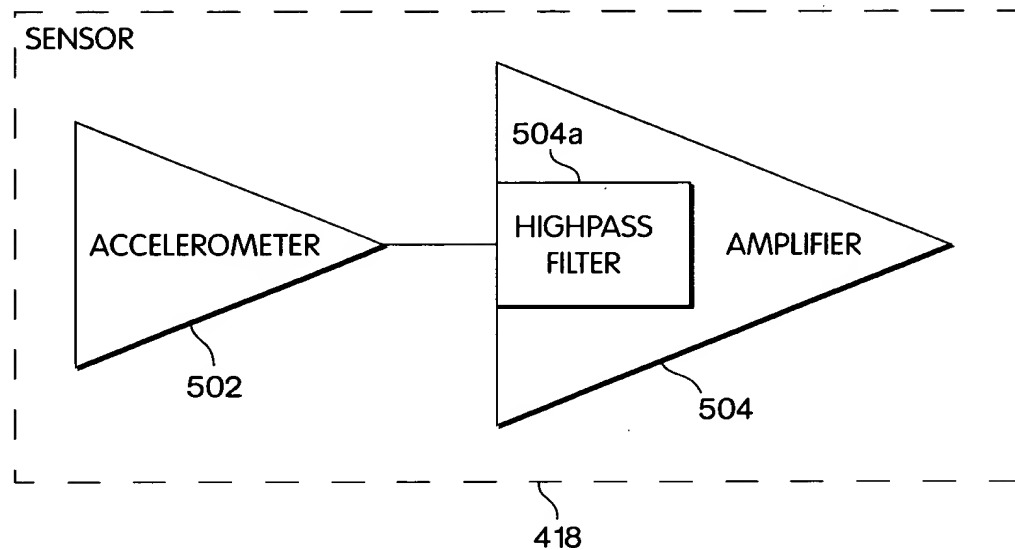


Fig. 5

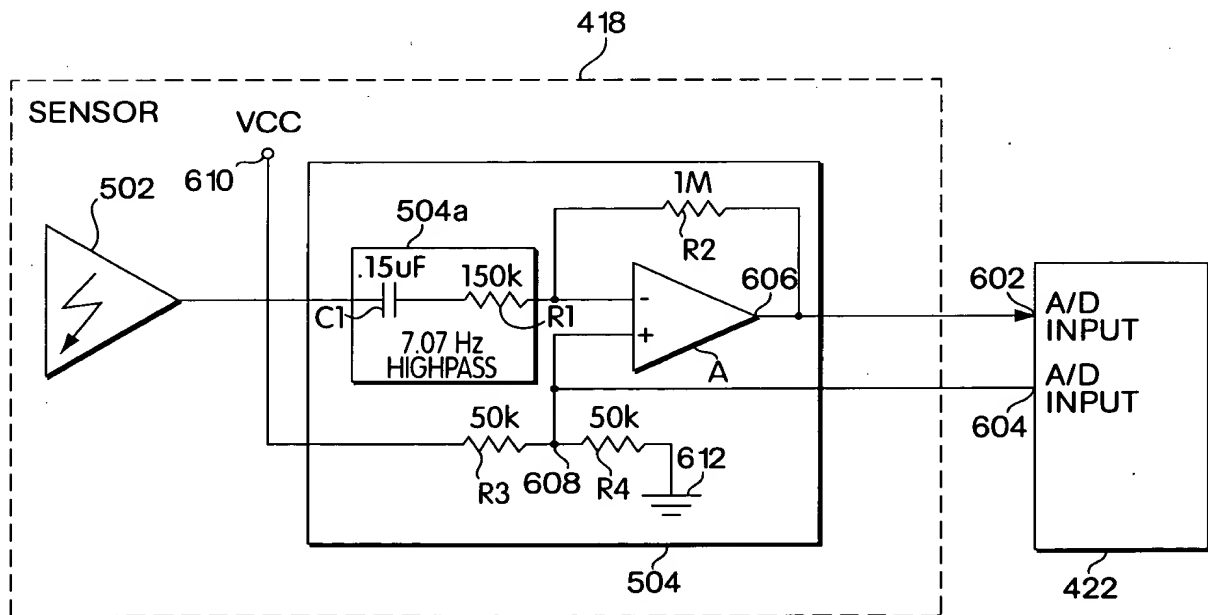


Fig. 6



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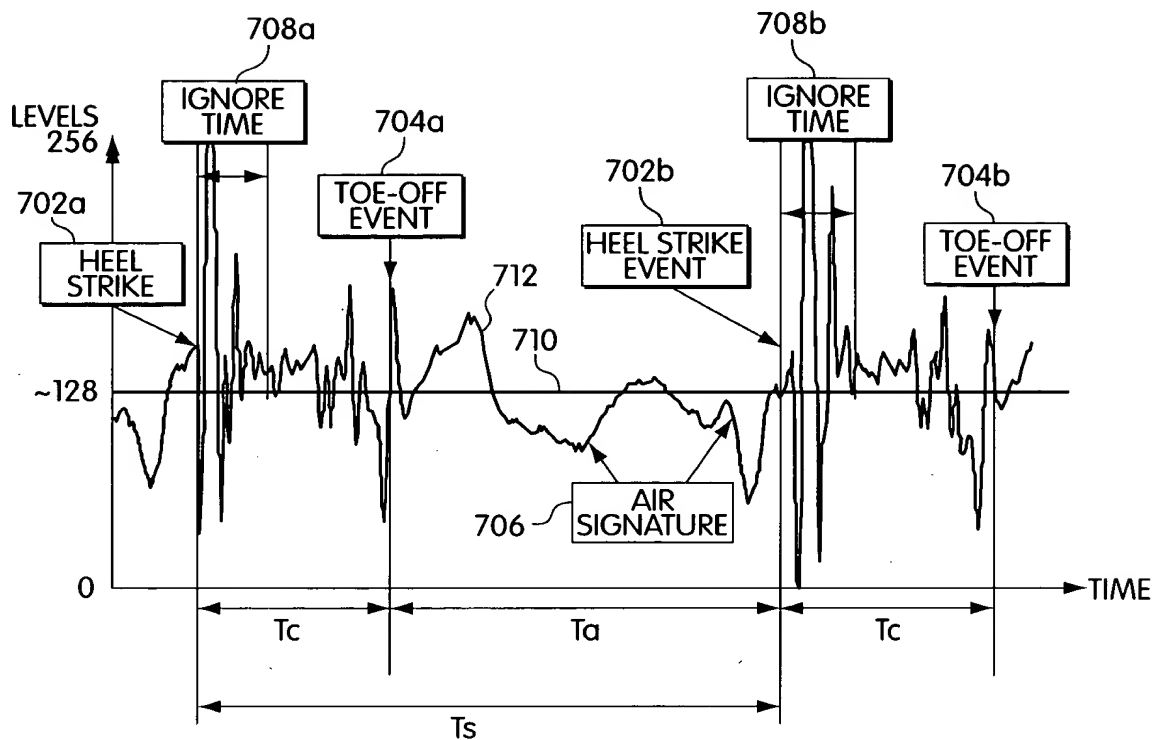


Fig. 7

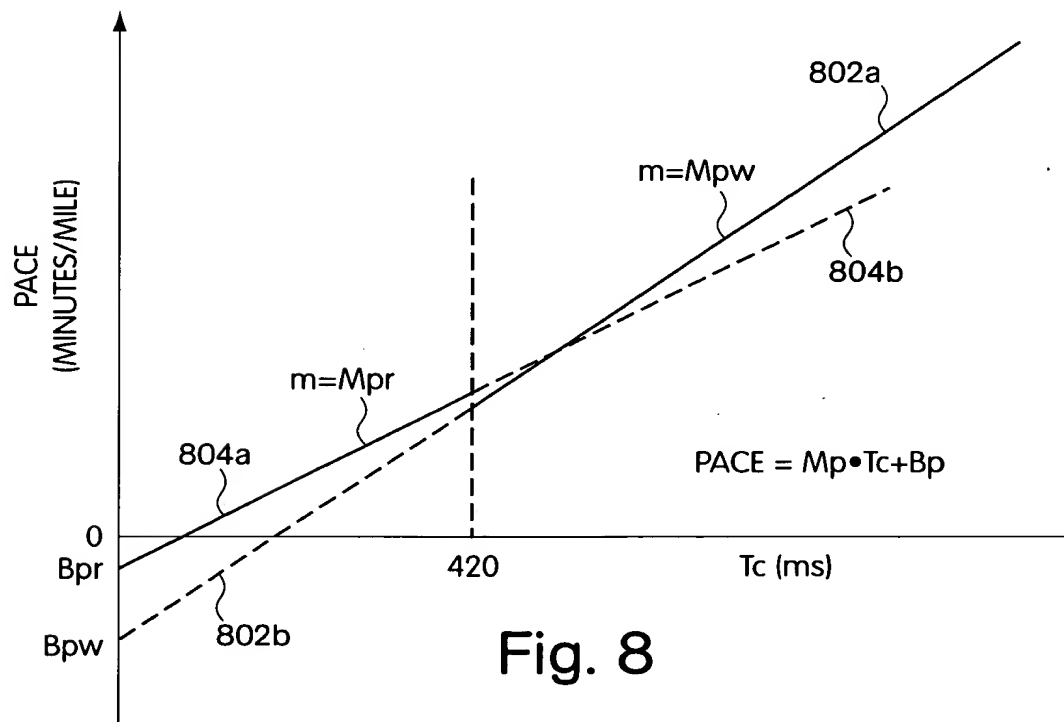
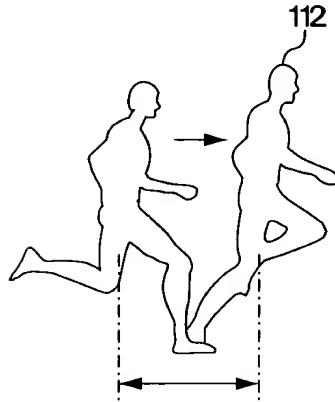


Fig. 8



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$$\text{STEP LENGTH } (L_s) = T_c \cdot \text{SPEED}$$

Fig. 9

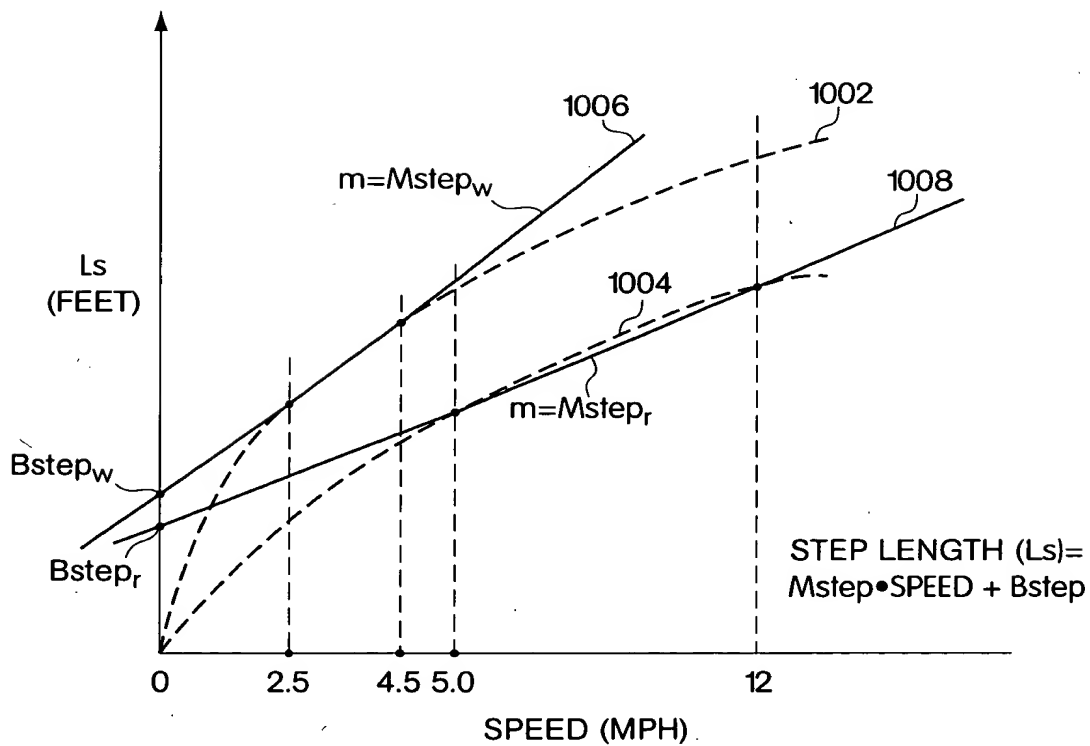


Fig. 10





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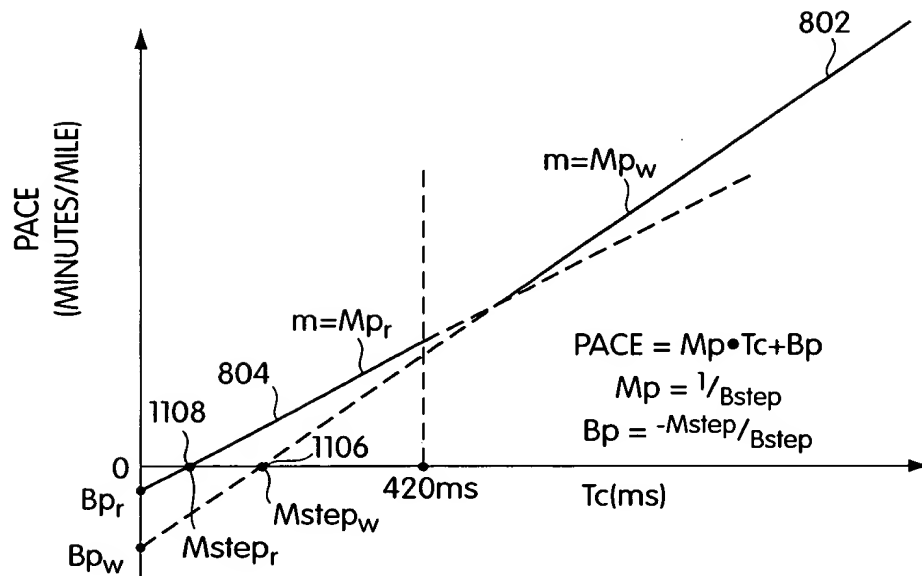


Fig. 11

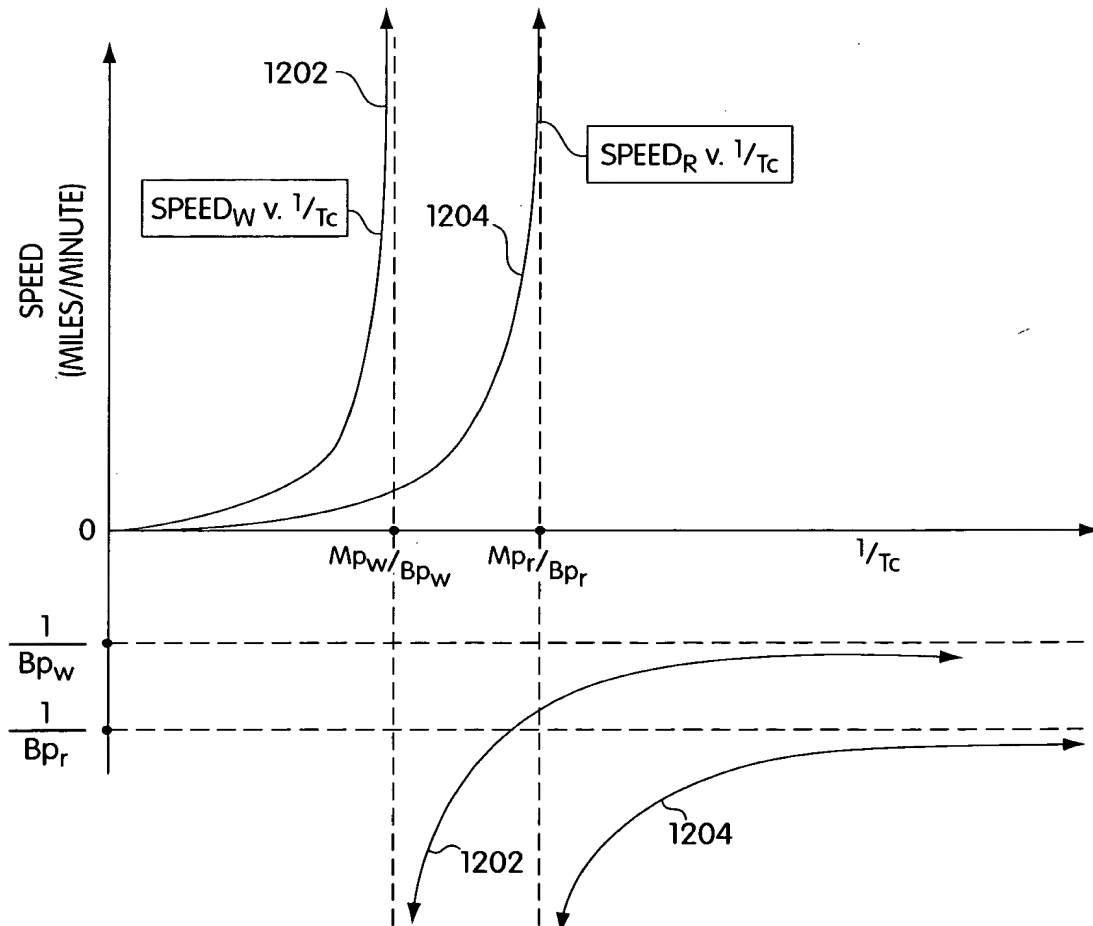


Fig. 12





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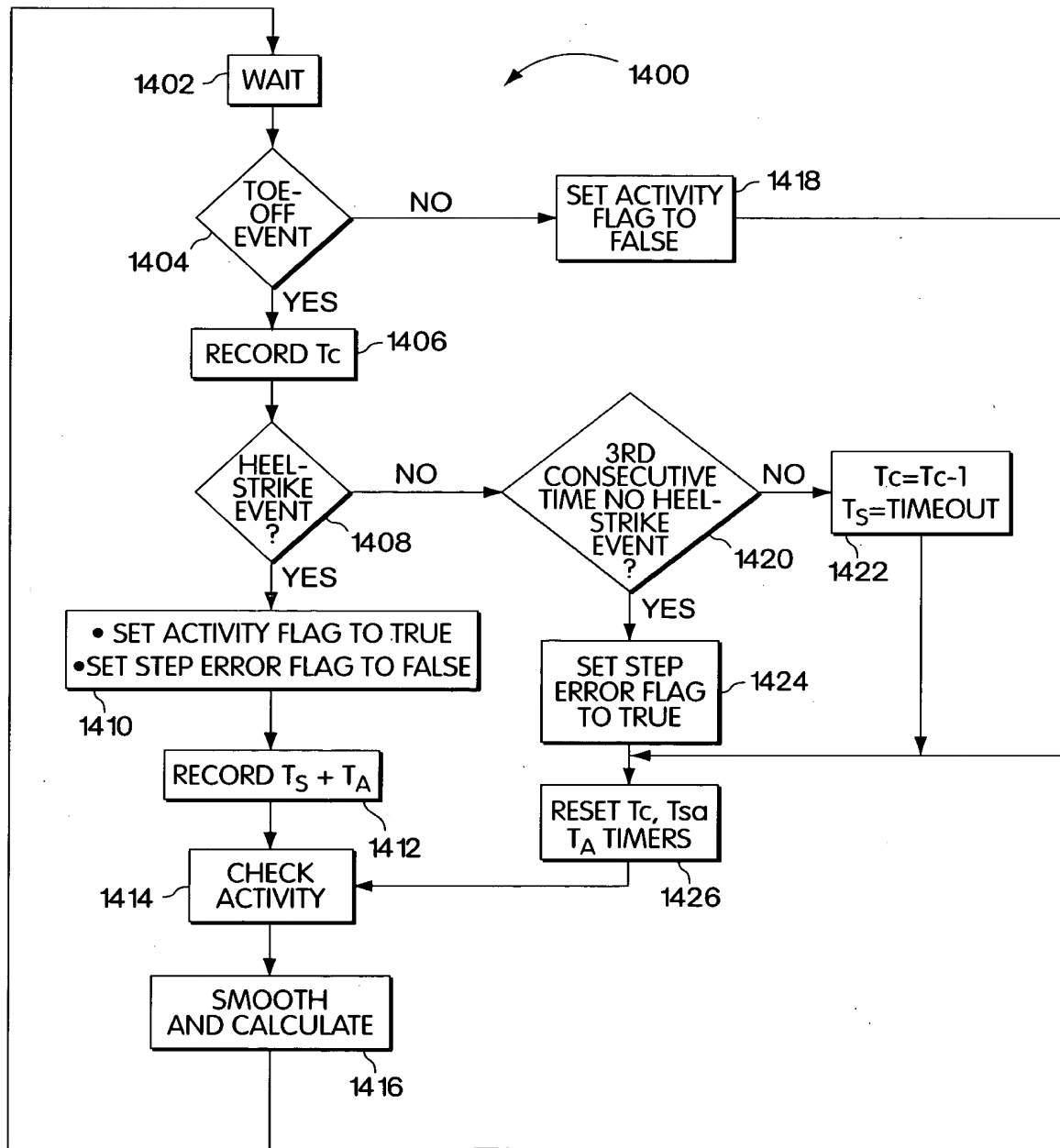


Fig. 14

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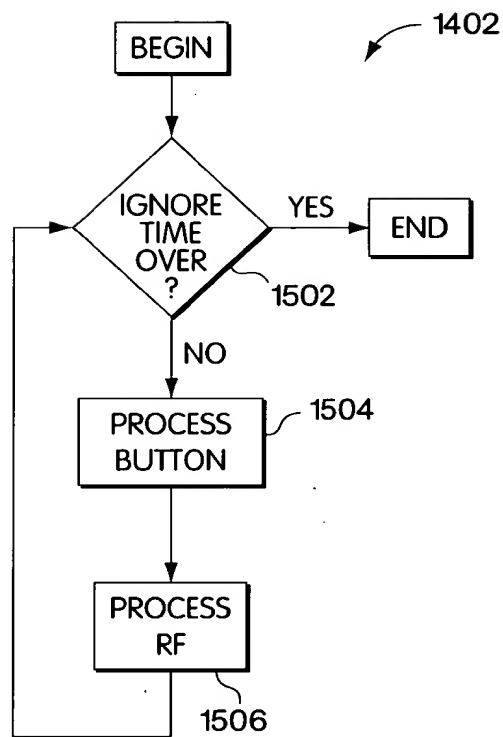


Fig. 15

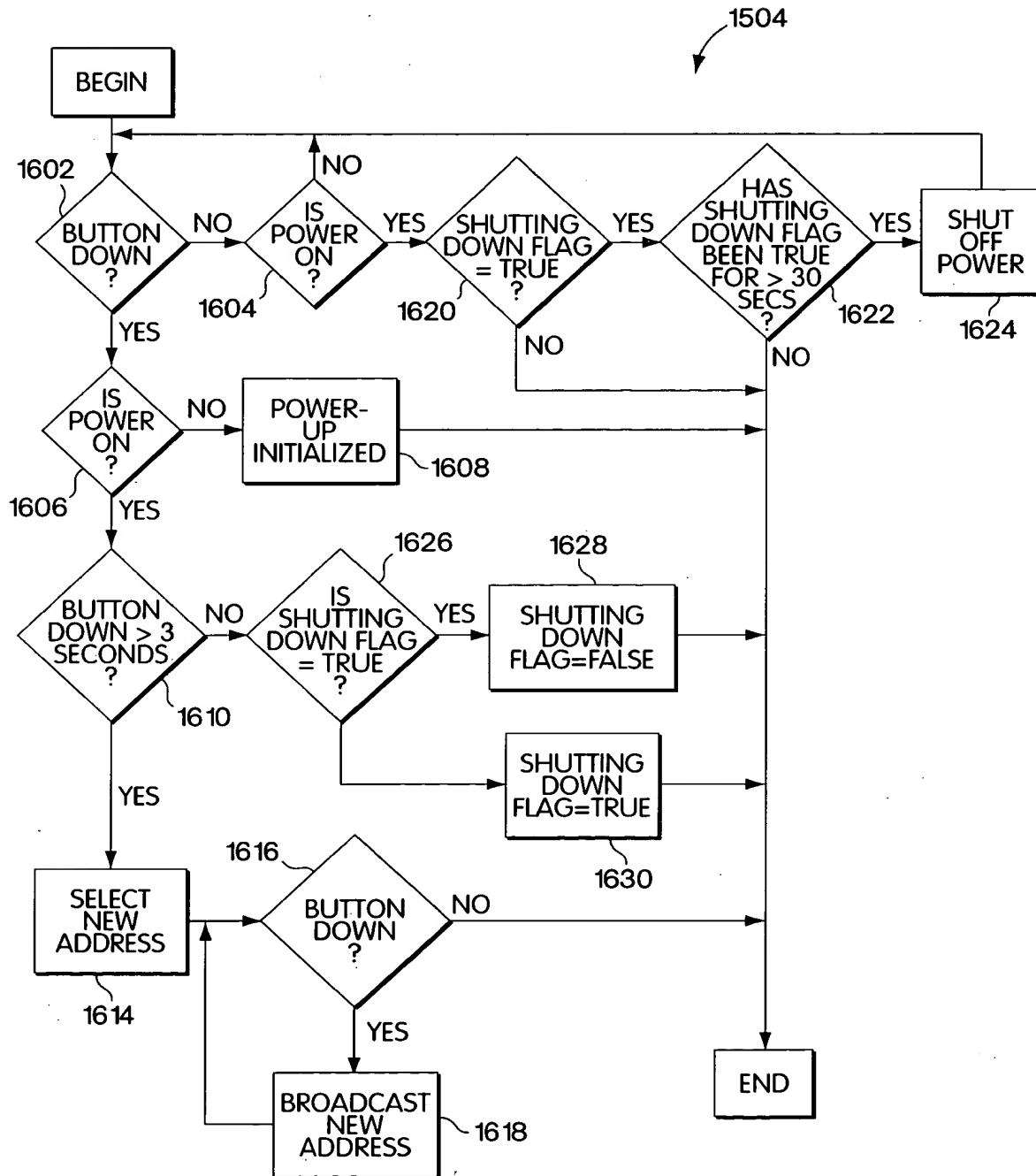


Fig. 16



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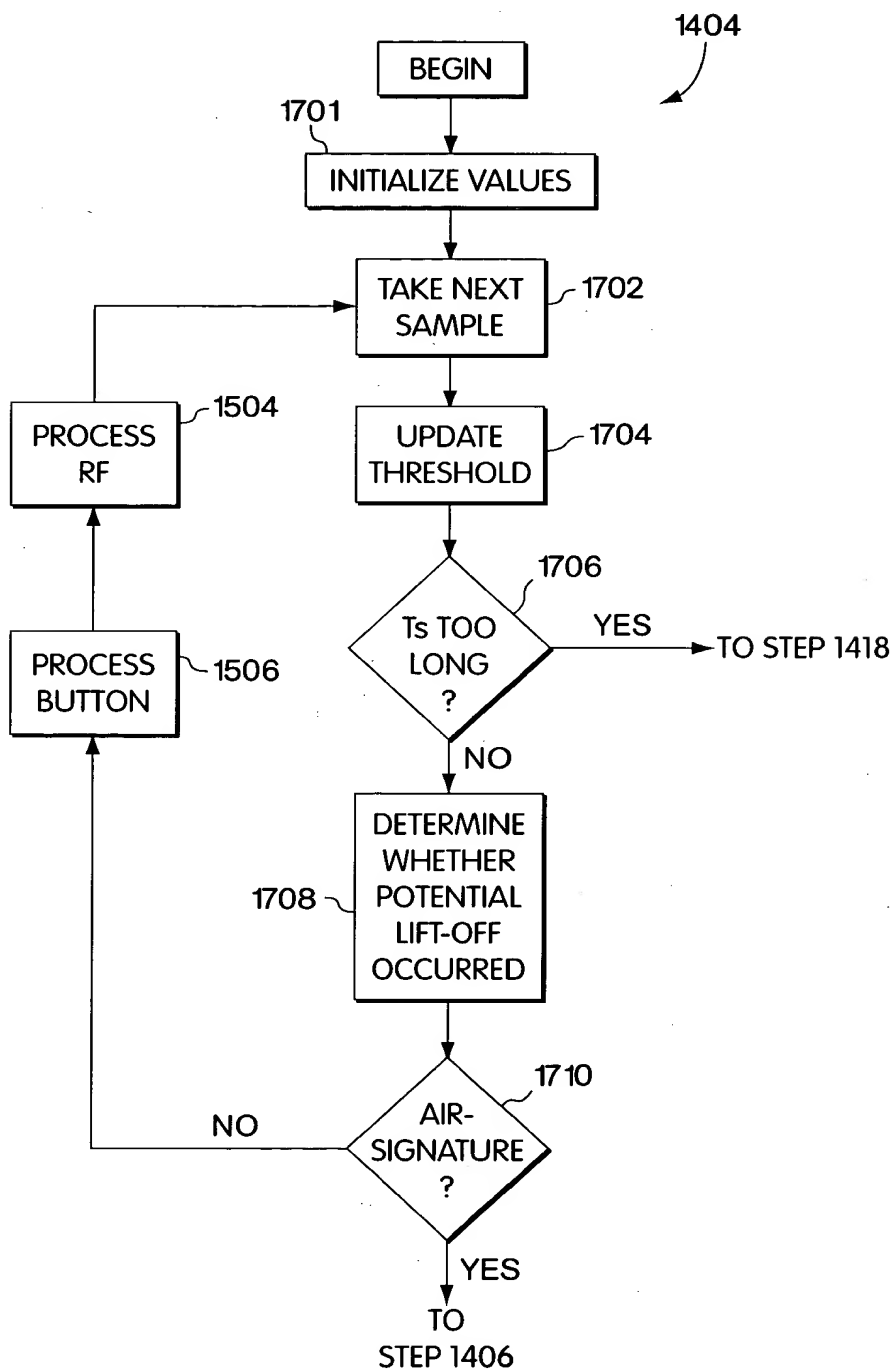


Fig. 17



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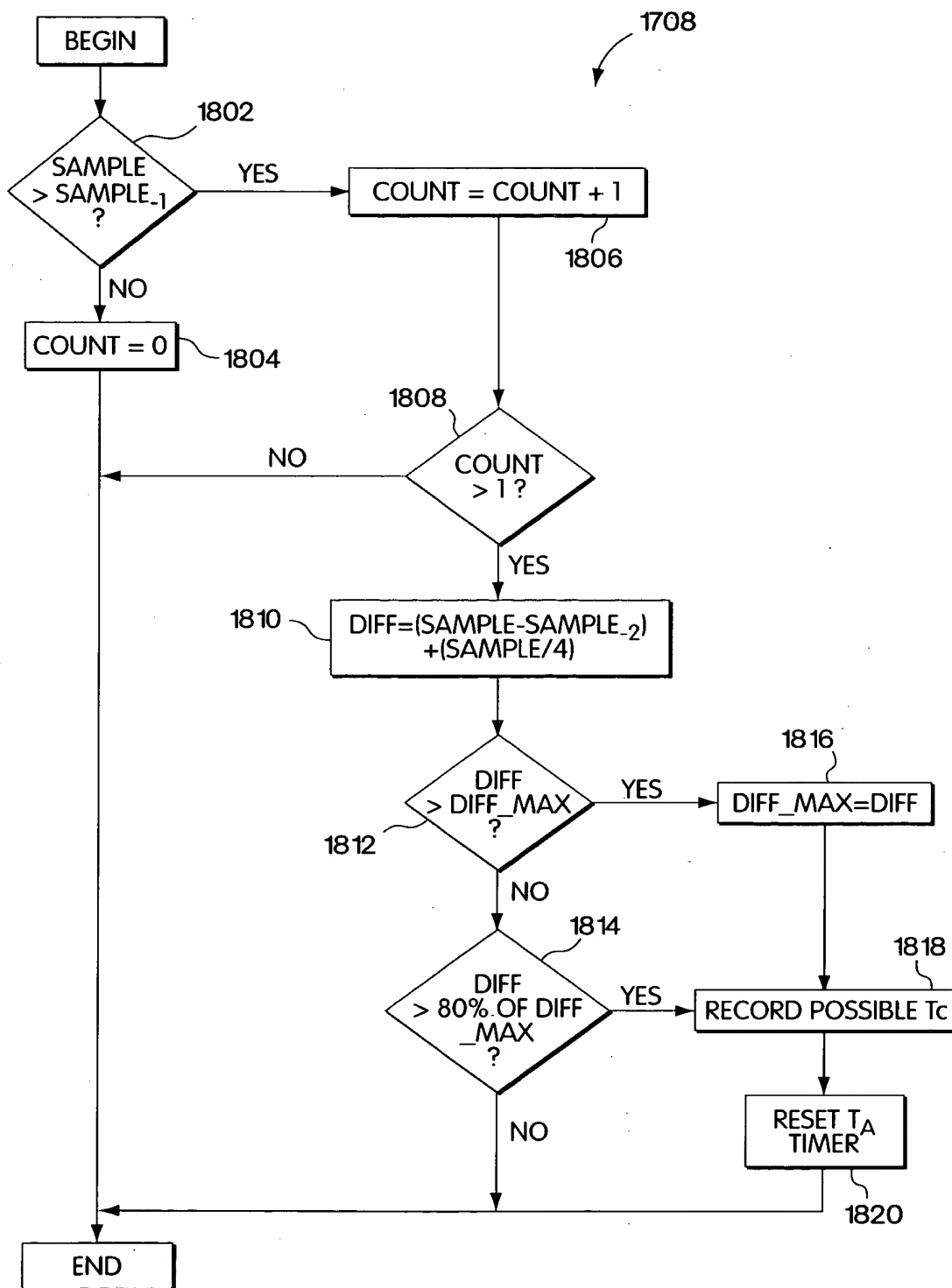


Fig. 18



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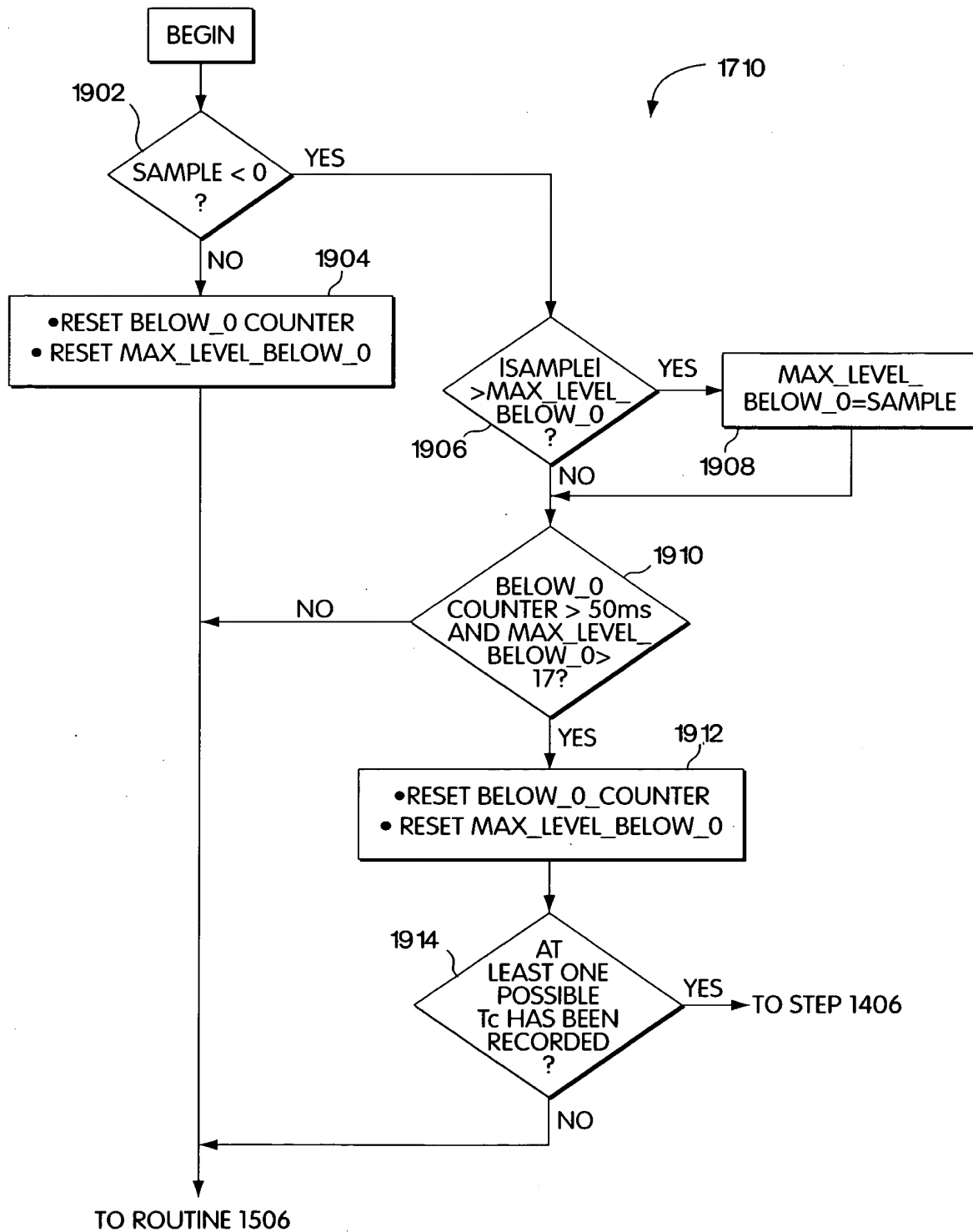


Fig. 19





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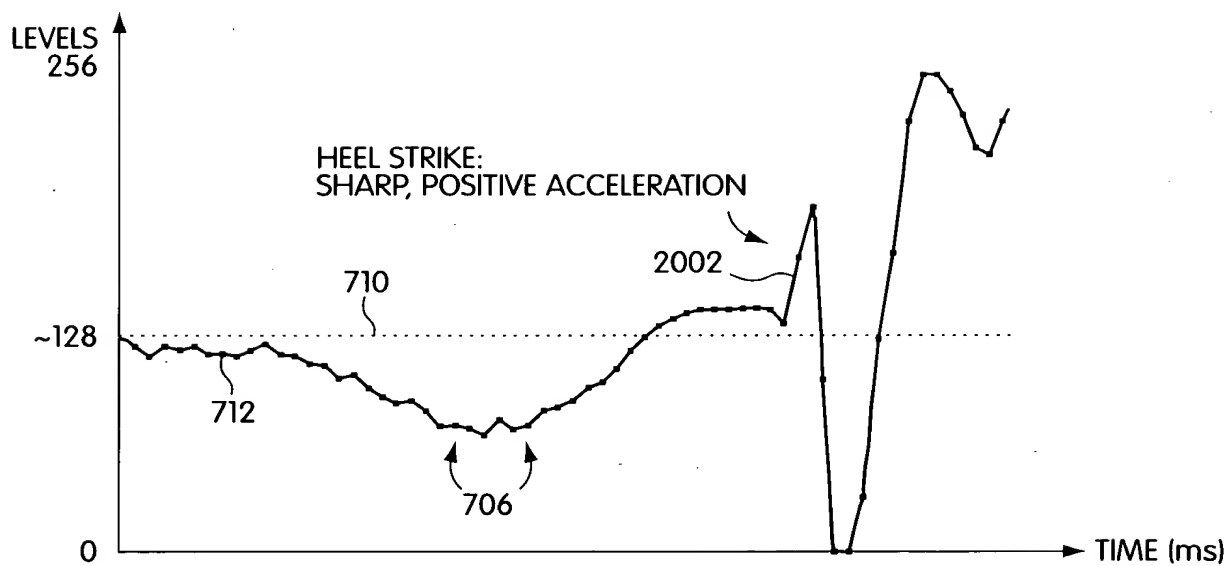


Fig. 20



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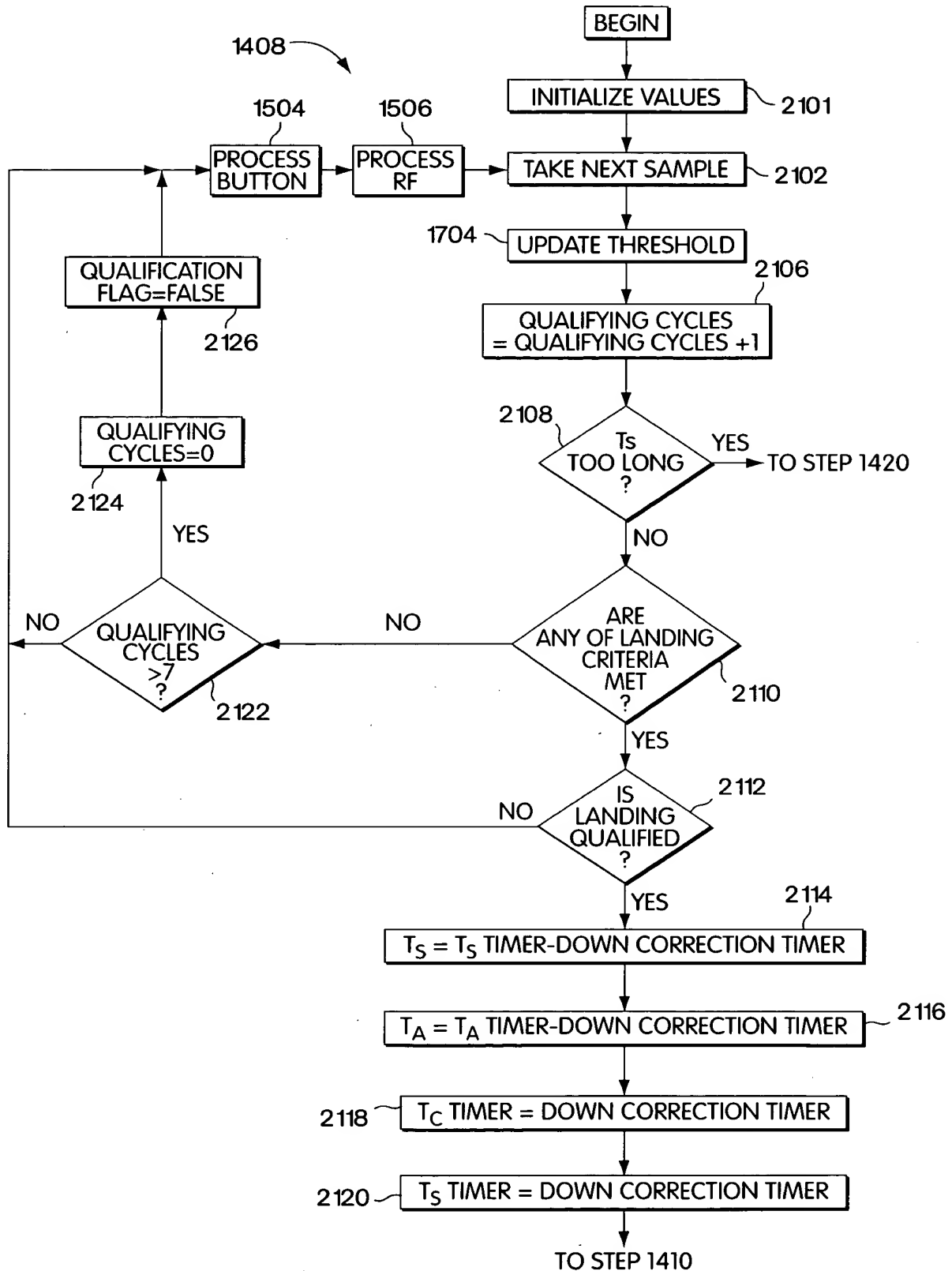


Fig. 21



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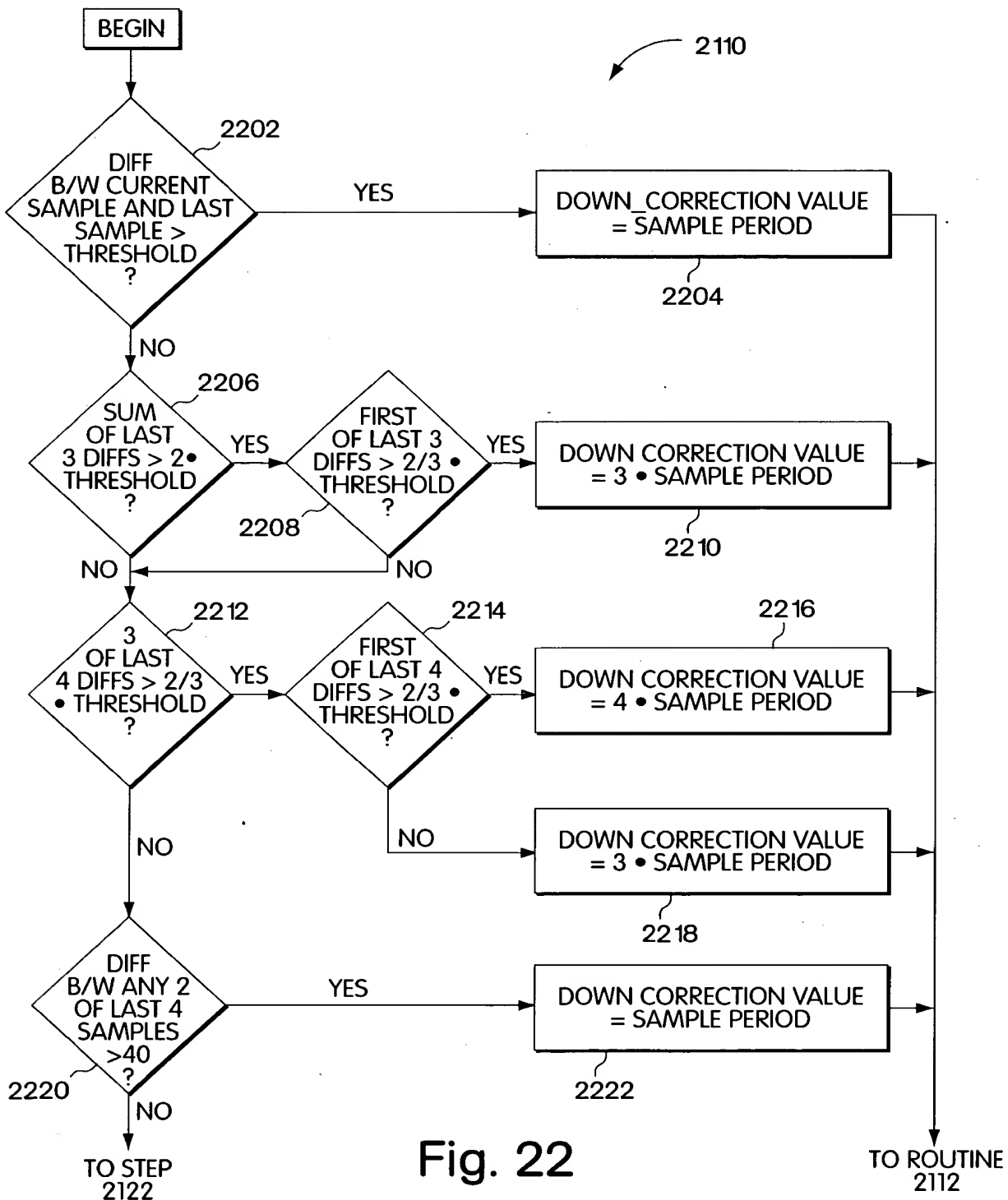


Fig. 22



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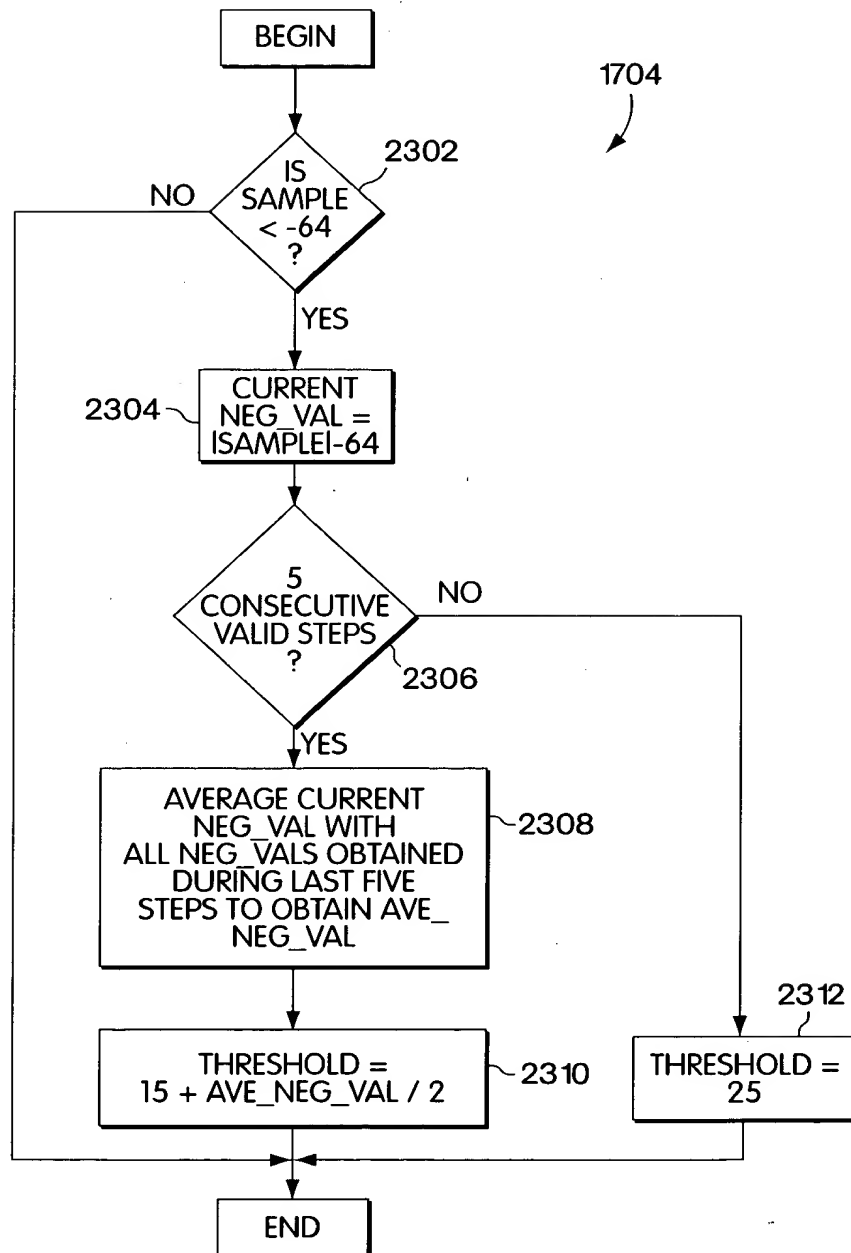


Fig. 23



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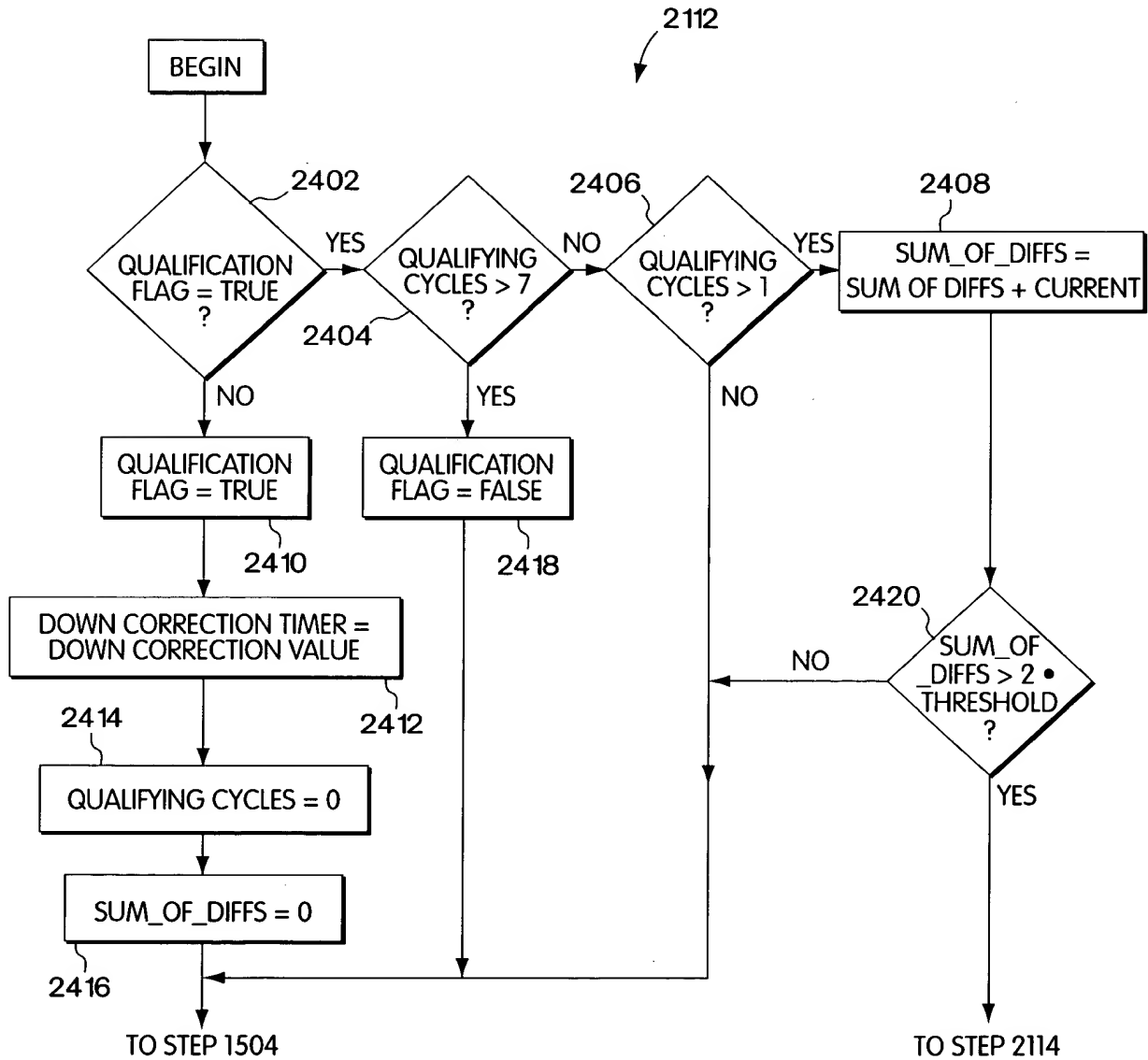


Fig. 24



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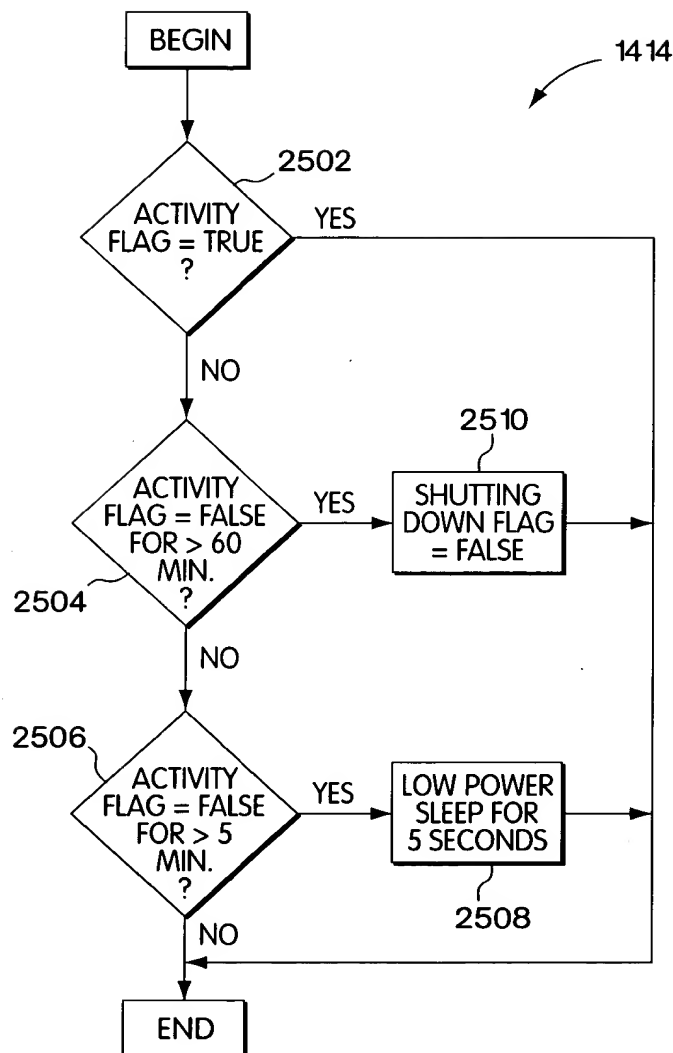


Fig. 25



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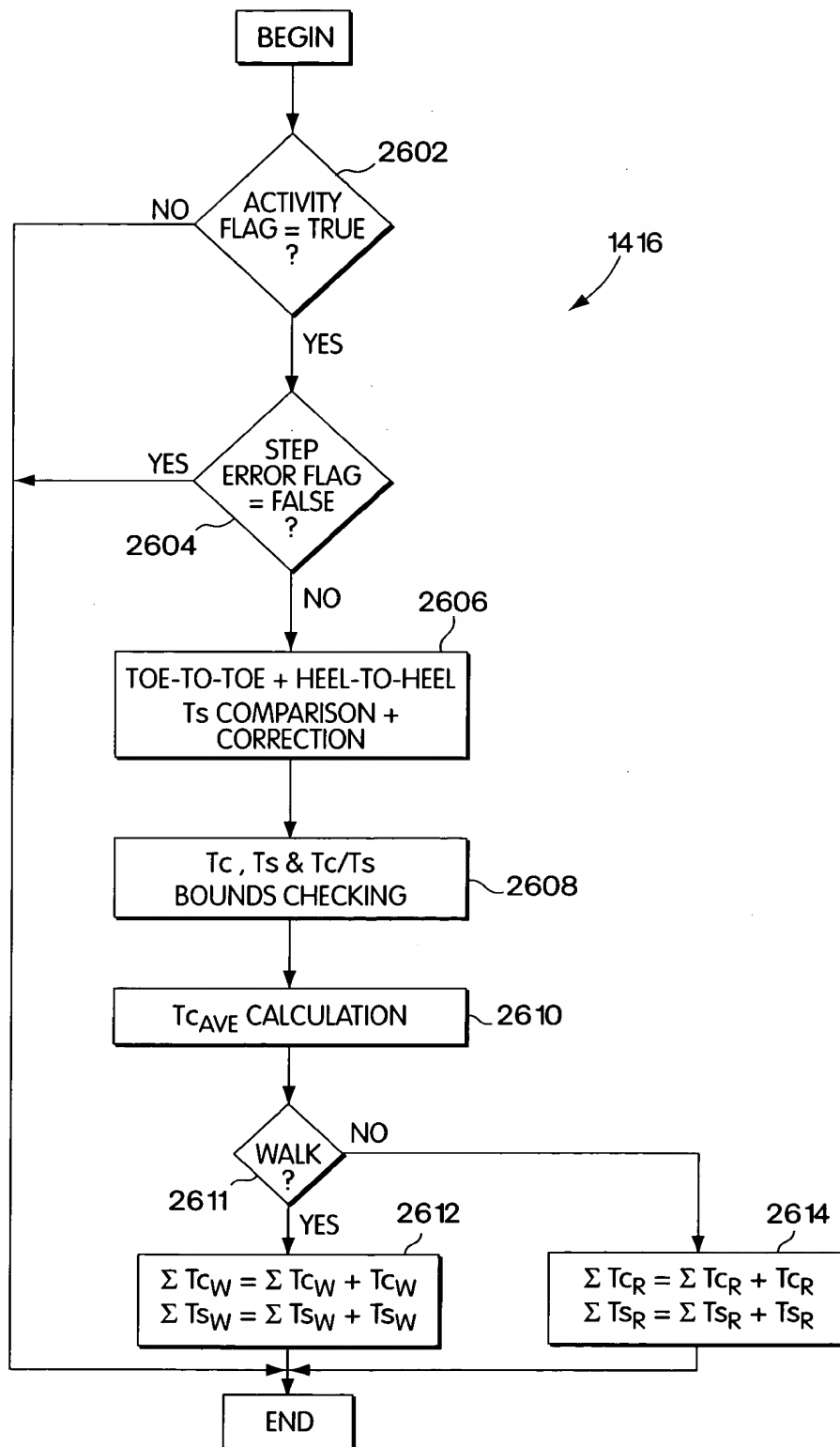


Fig. 26



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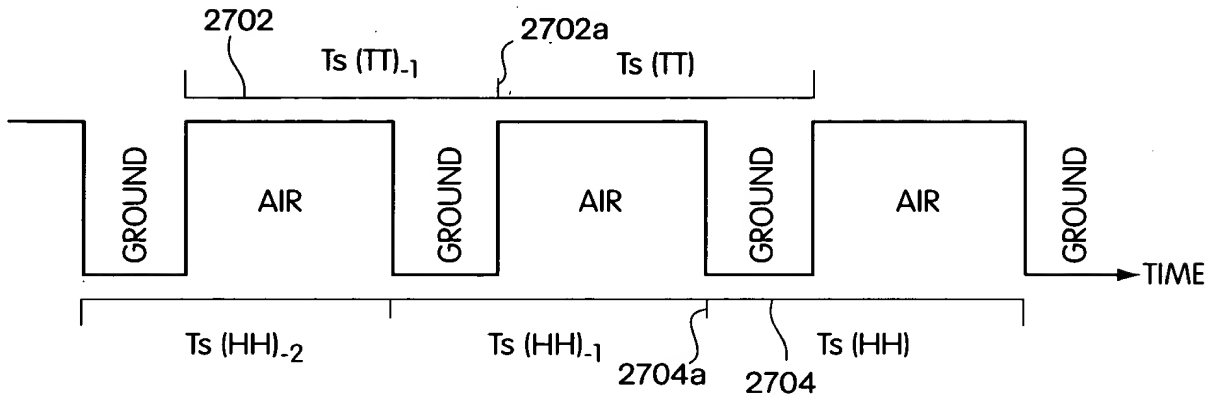


Fig. 27

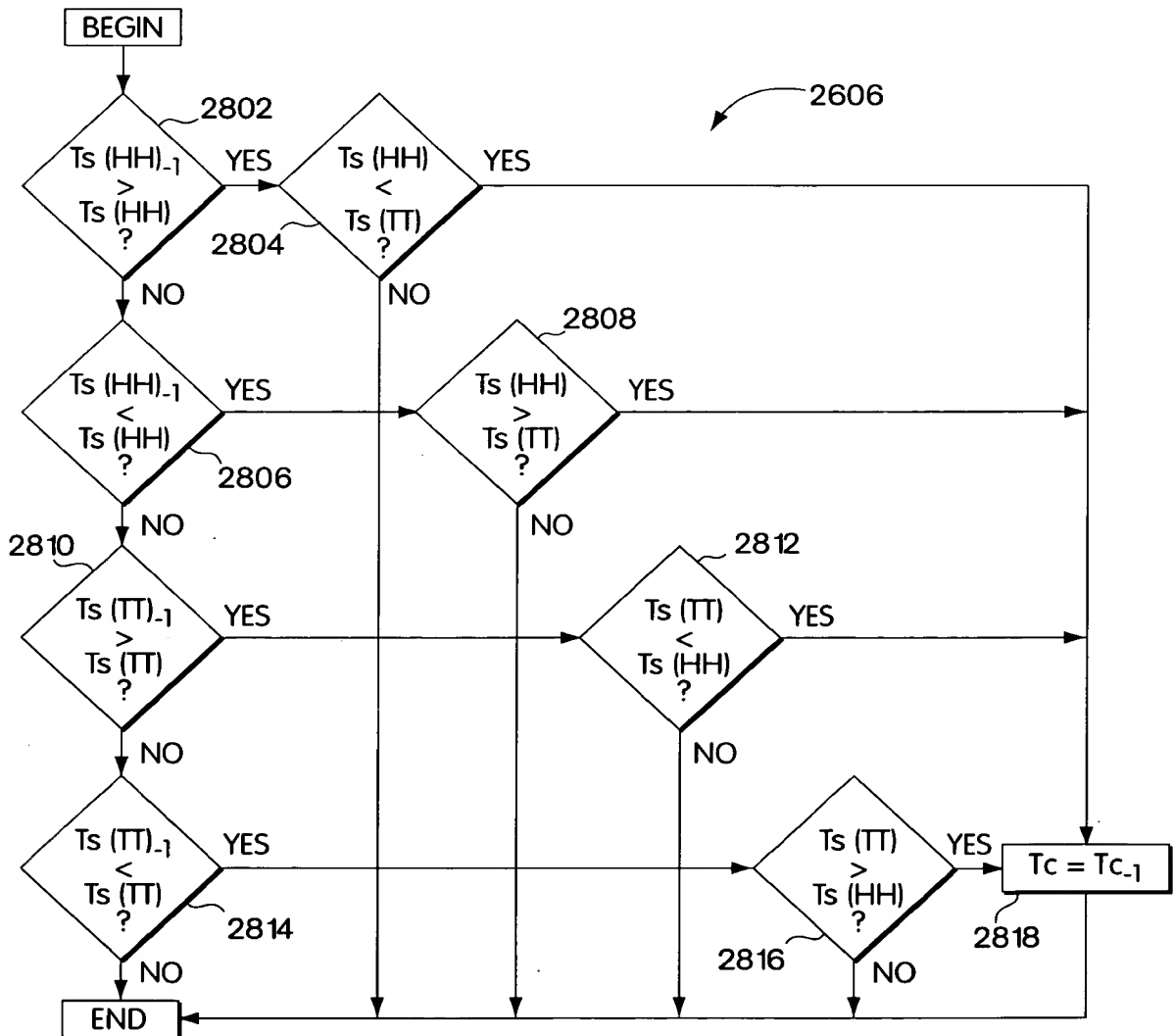


Fig. 28



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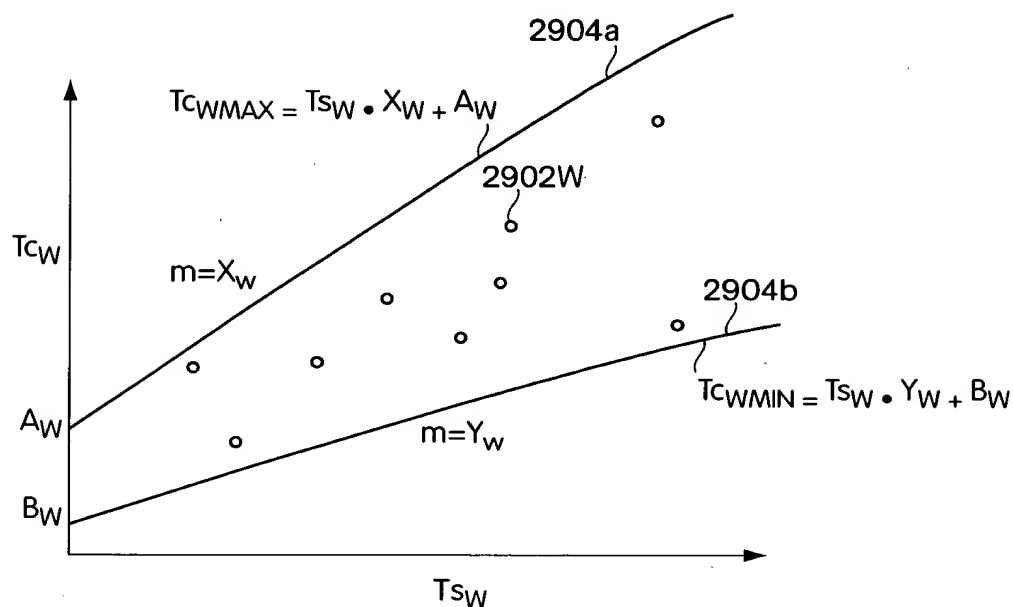


Fig. 29A

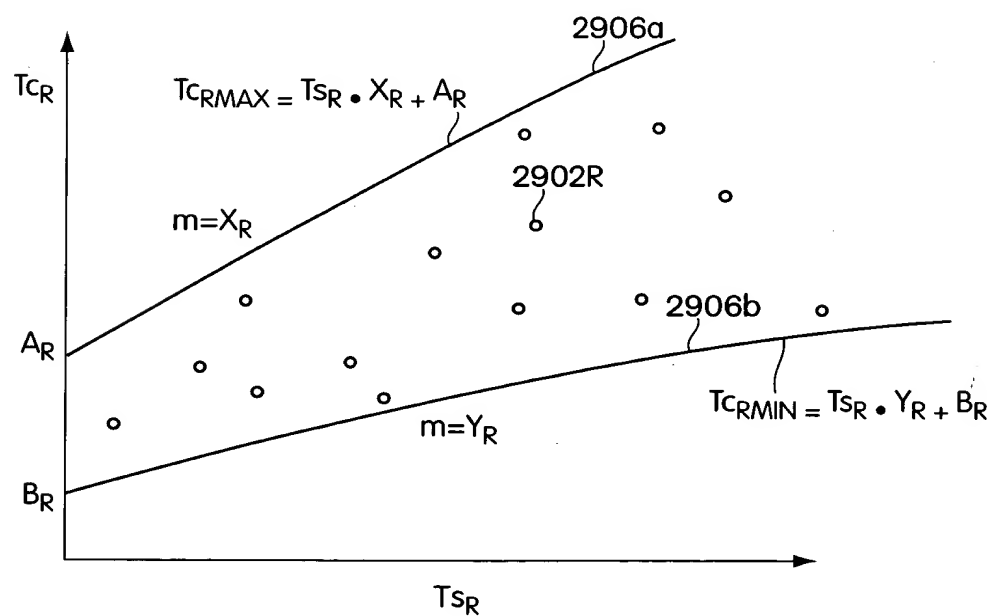


Fig. 29B

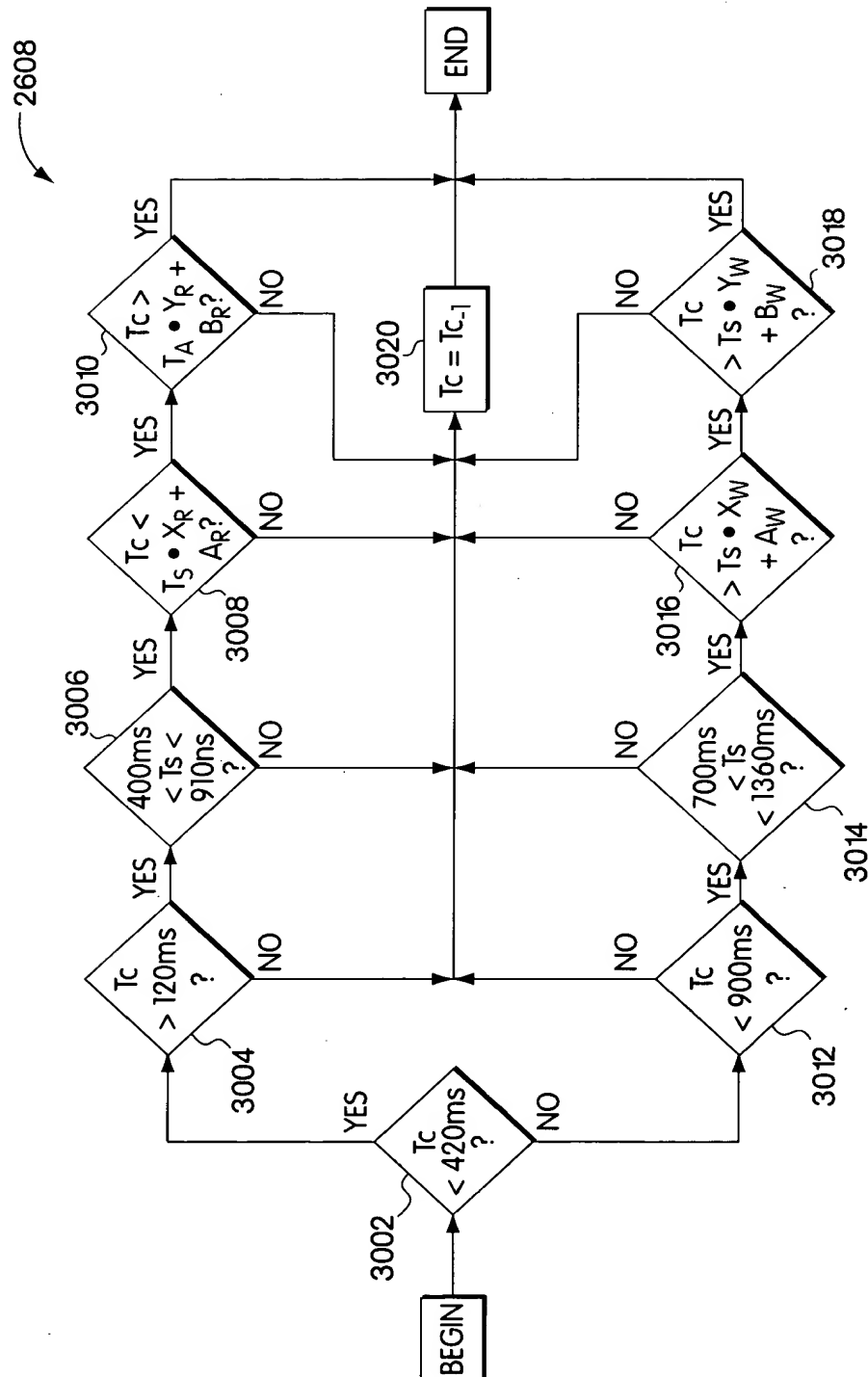


Fig. 30



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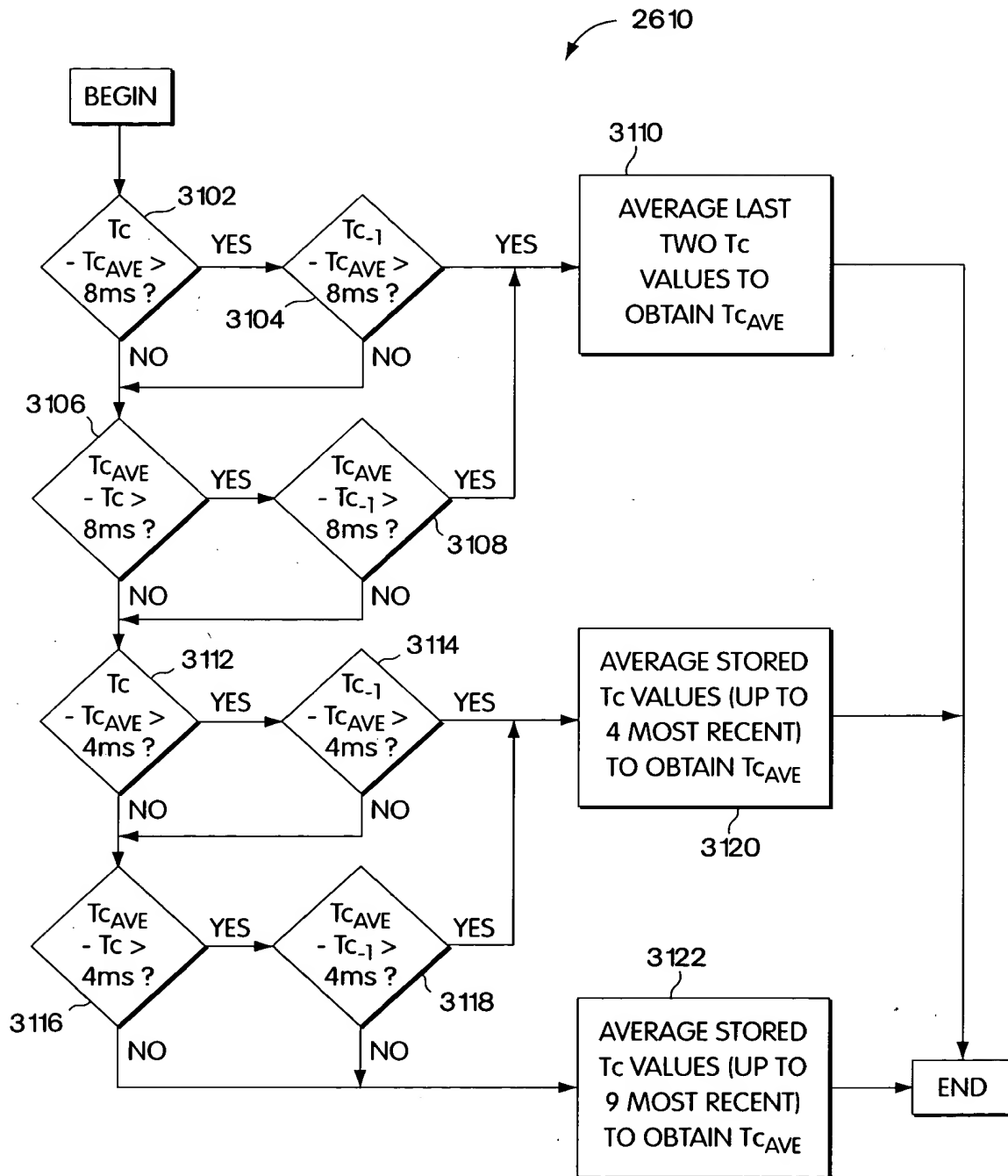


Fig. 31



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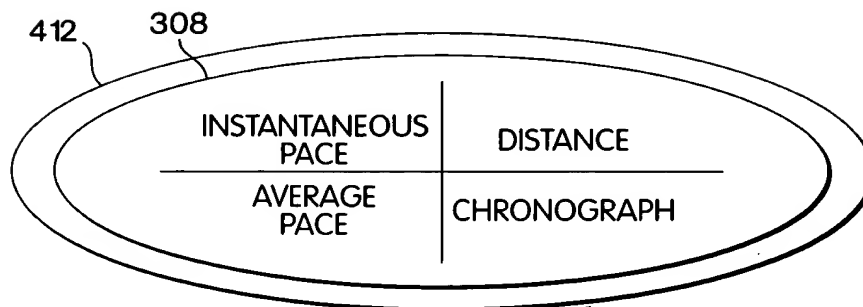


Fig. 32A

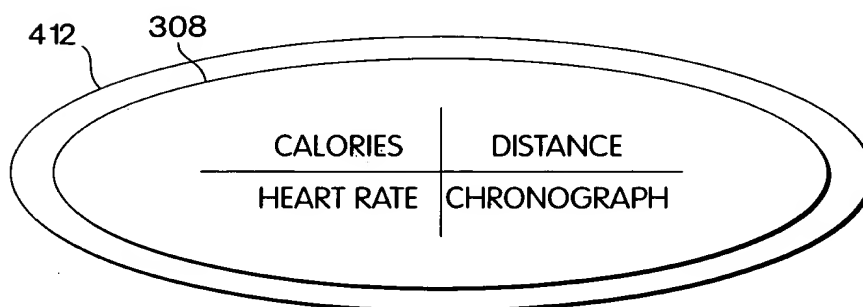


Fig. 32B

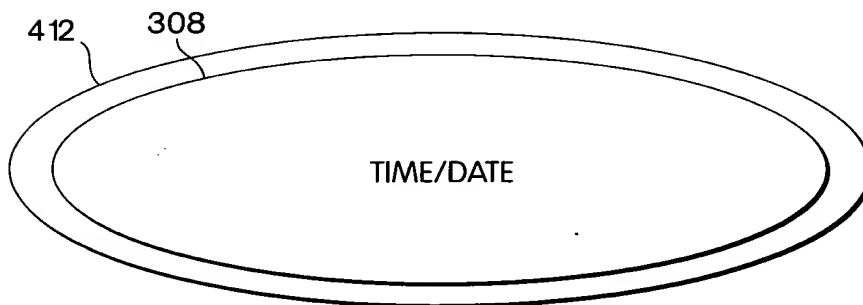


Fig. 32C

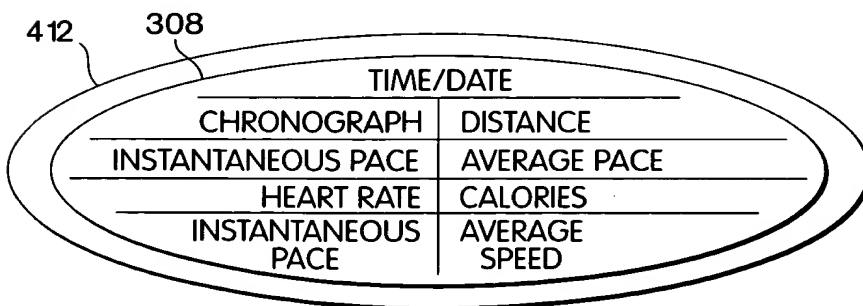


Fig. 32D



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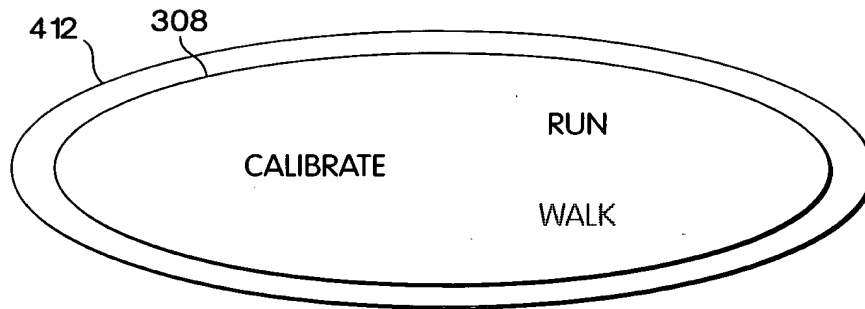


Fig. 32E

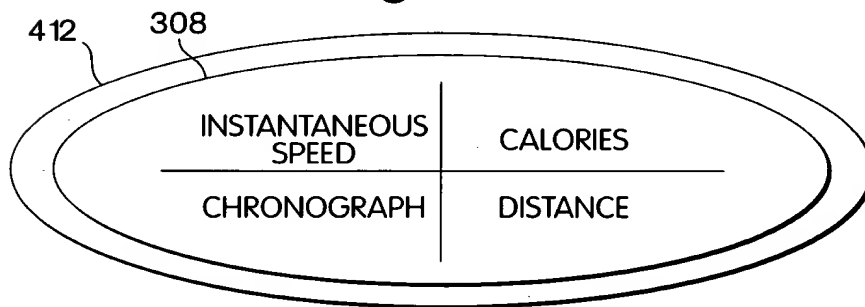


Fig. 32F

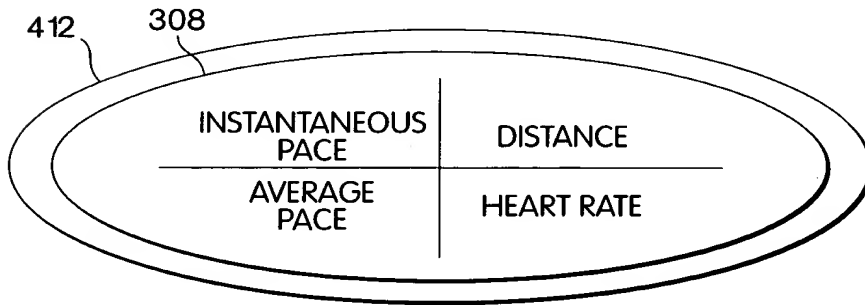


Fig. 32G

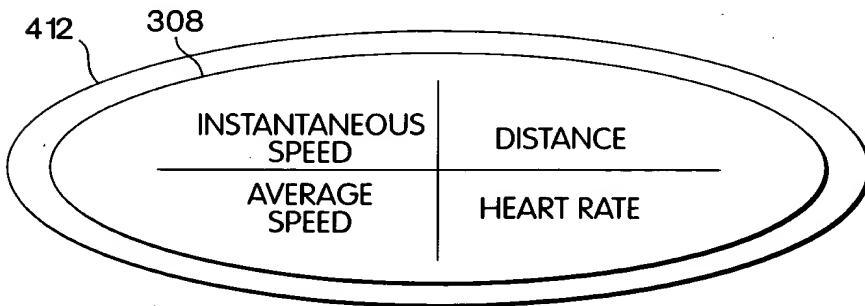


Fig. 32H



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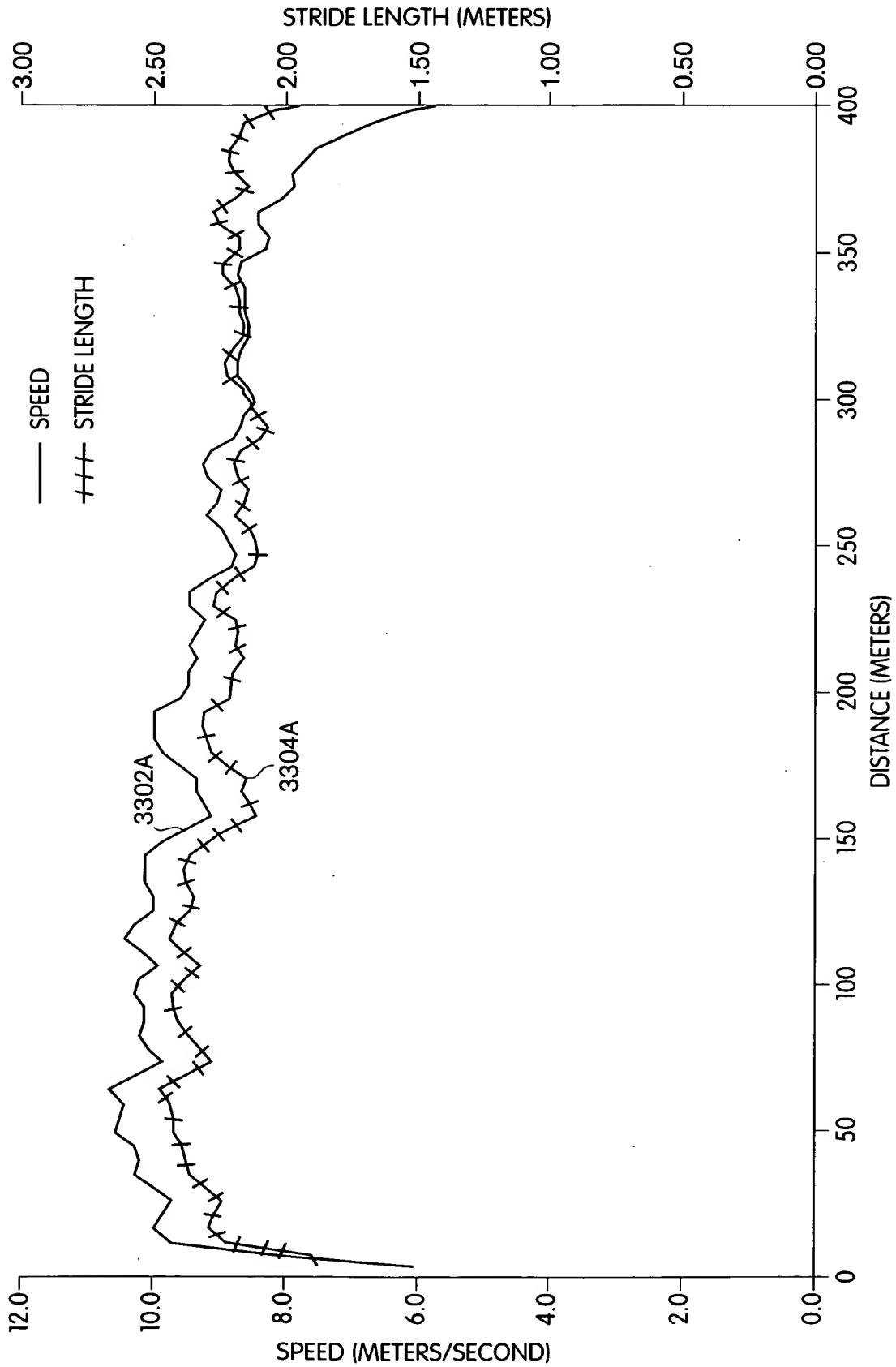


Fig. 33A



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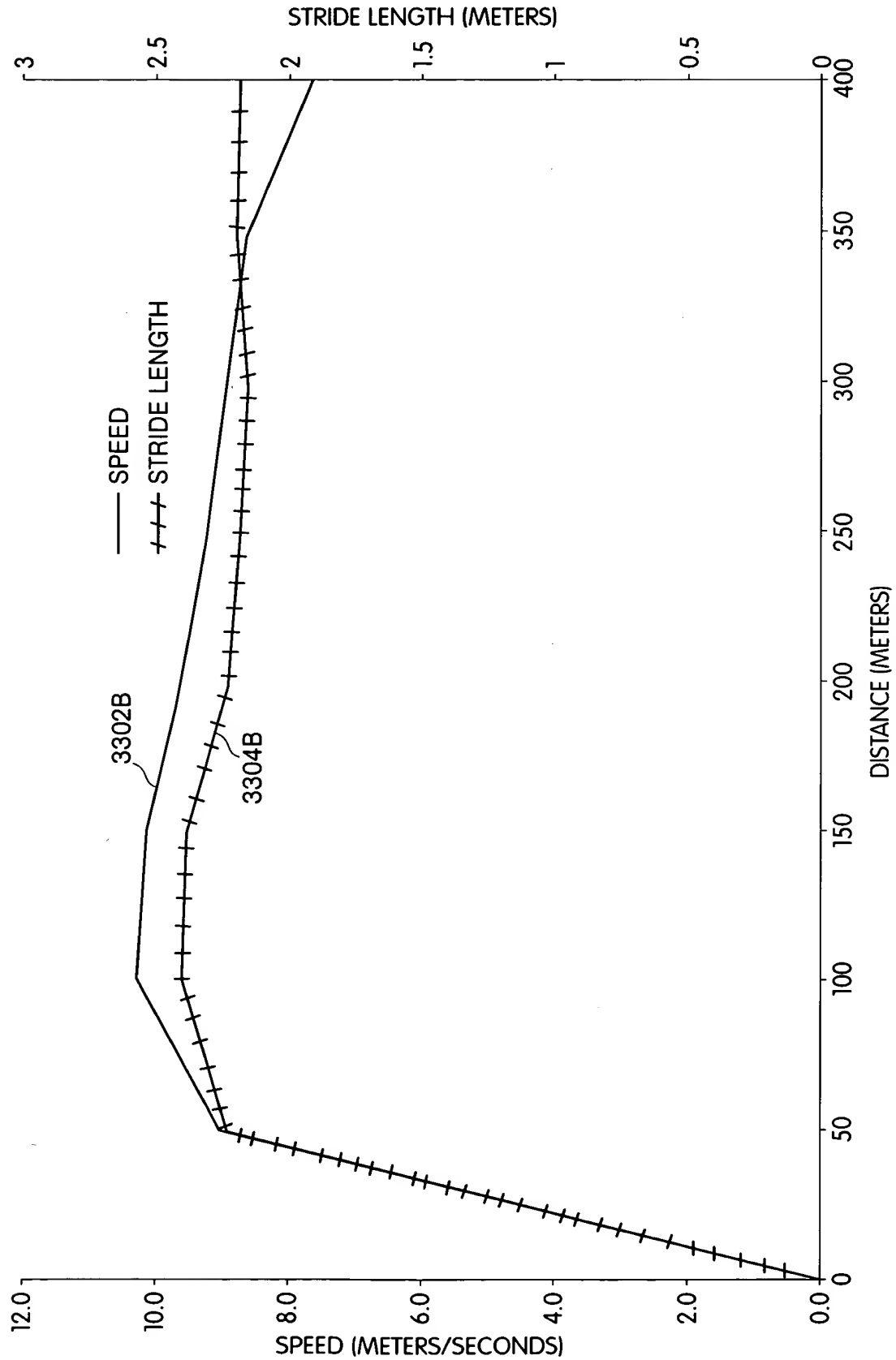


Fig. 33B



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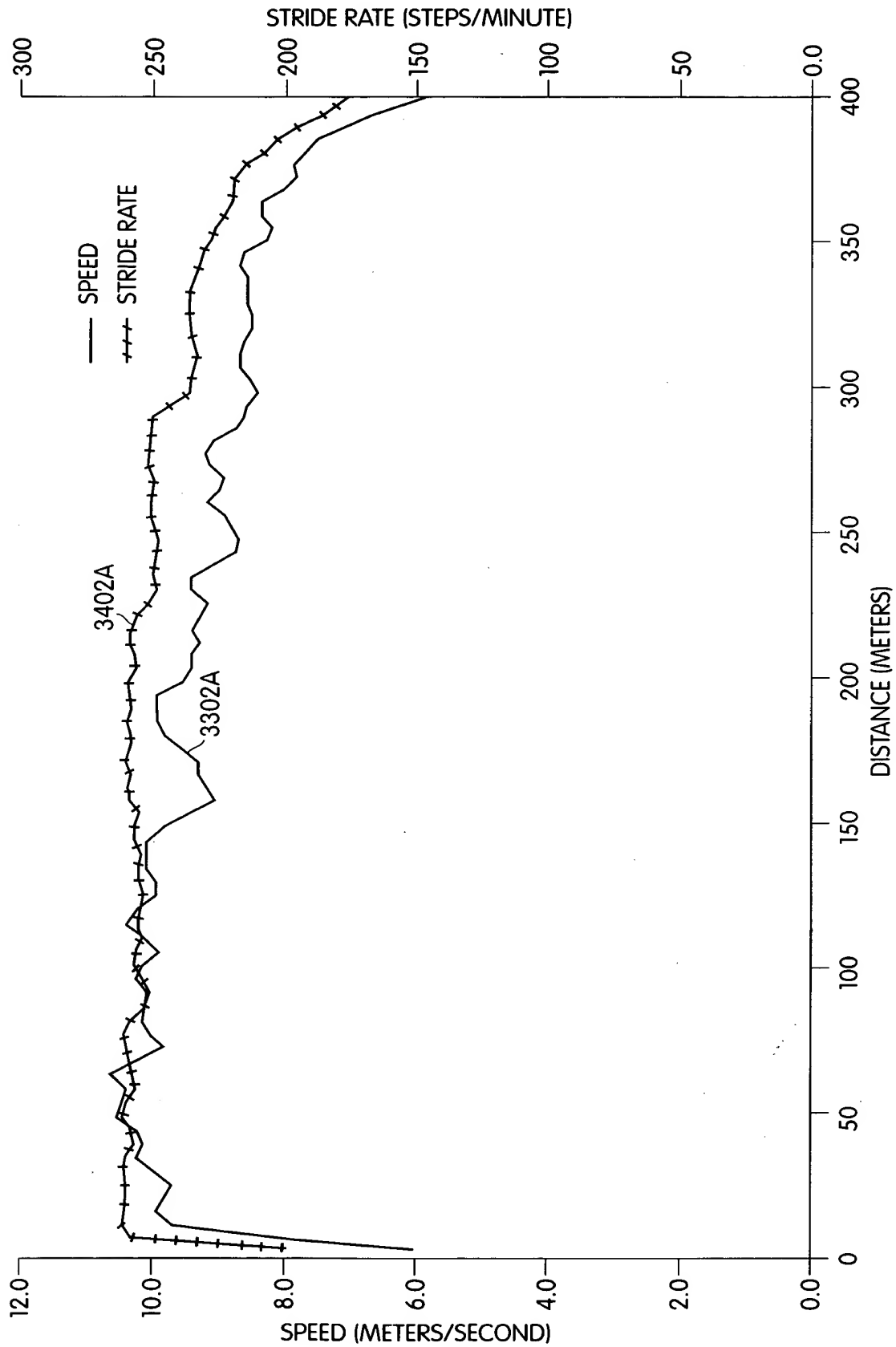


Fig. 34A



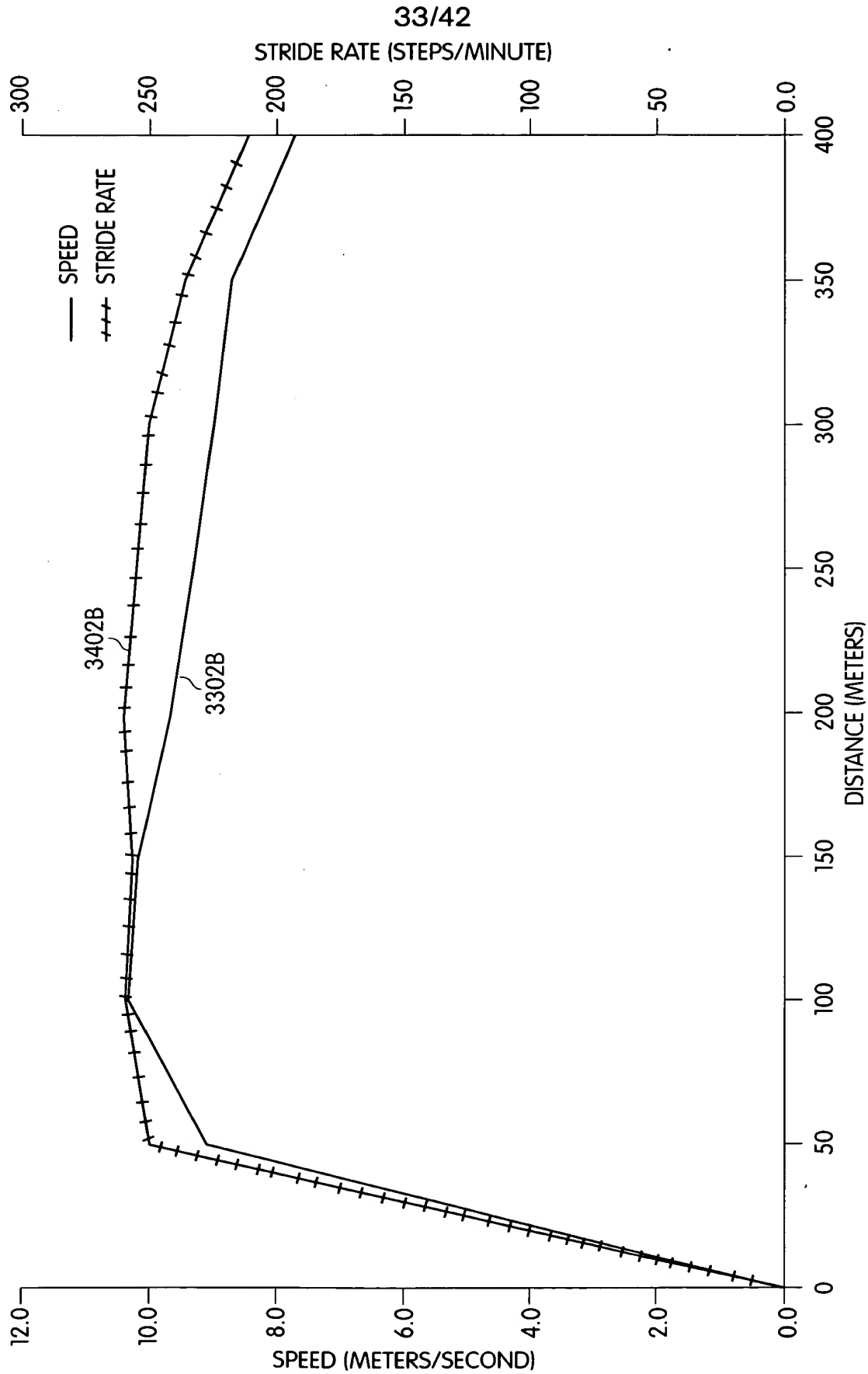


Fig. 34B



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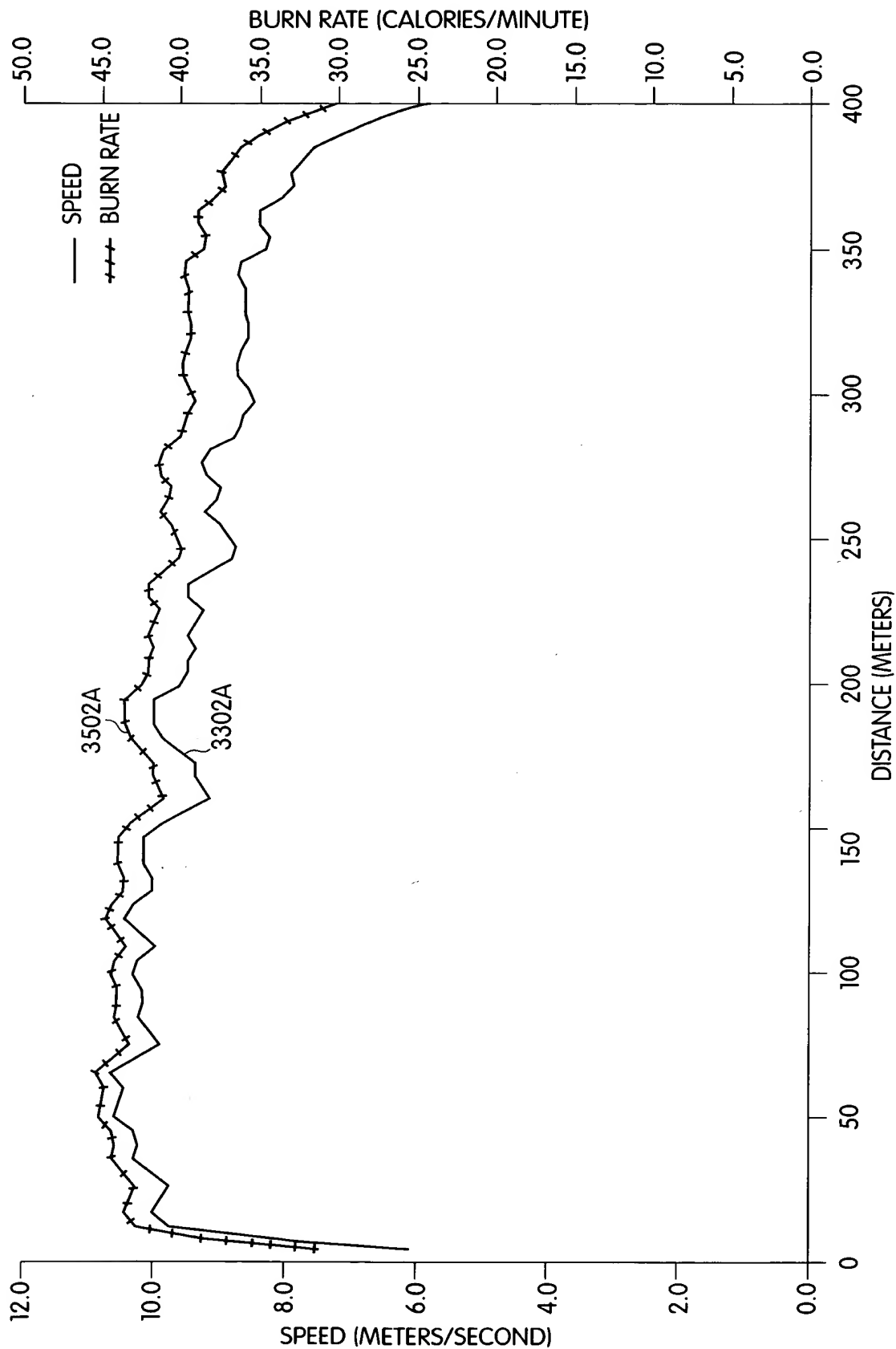


Fig. 35A

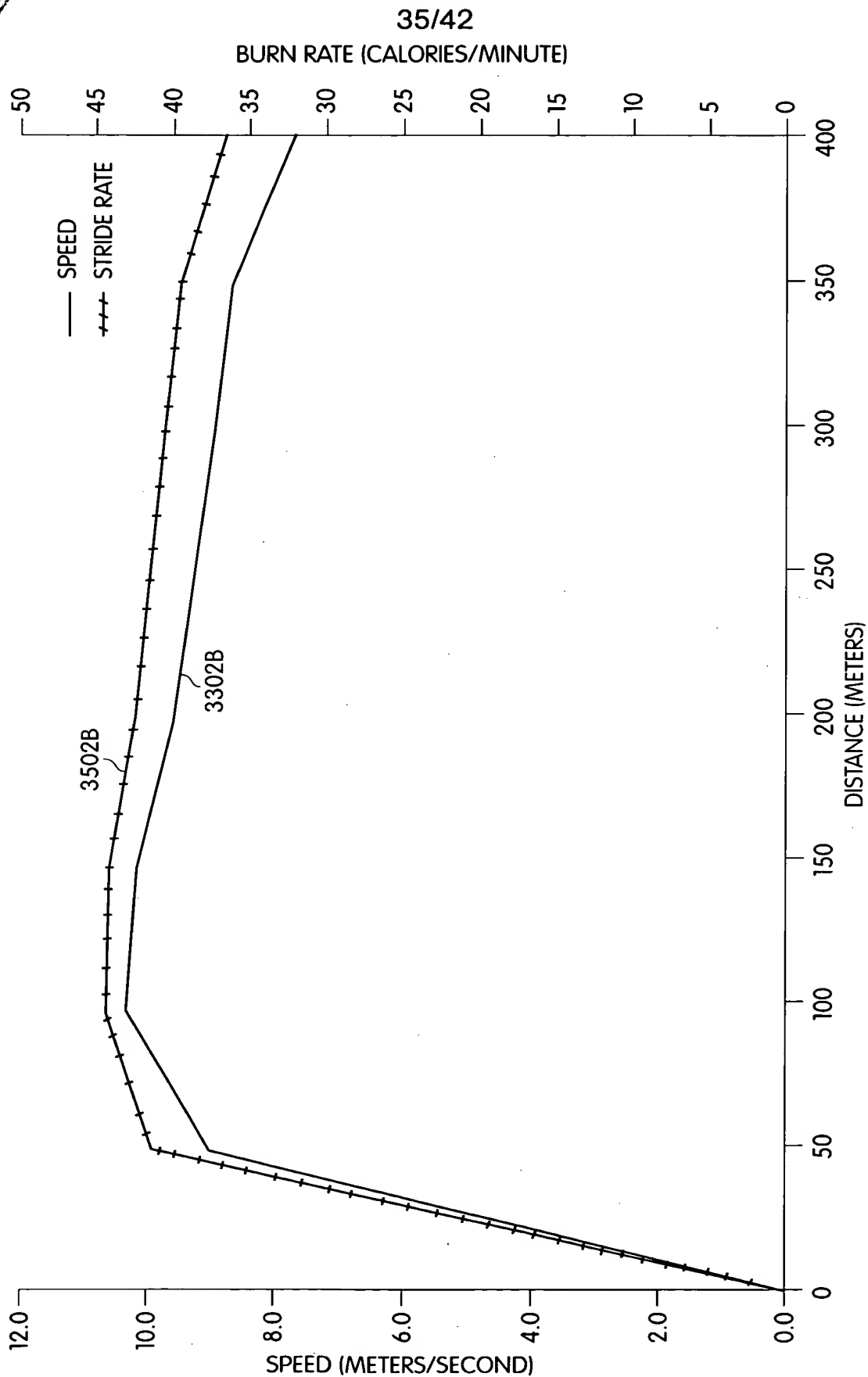


Fig. 35B

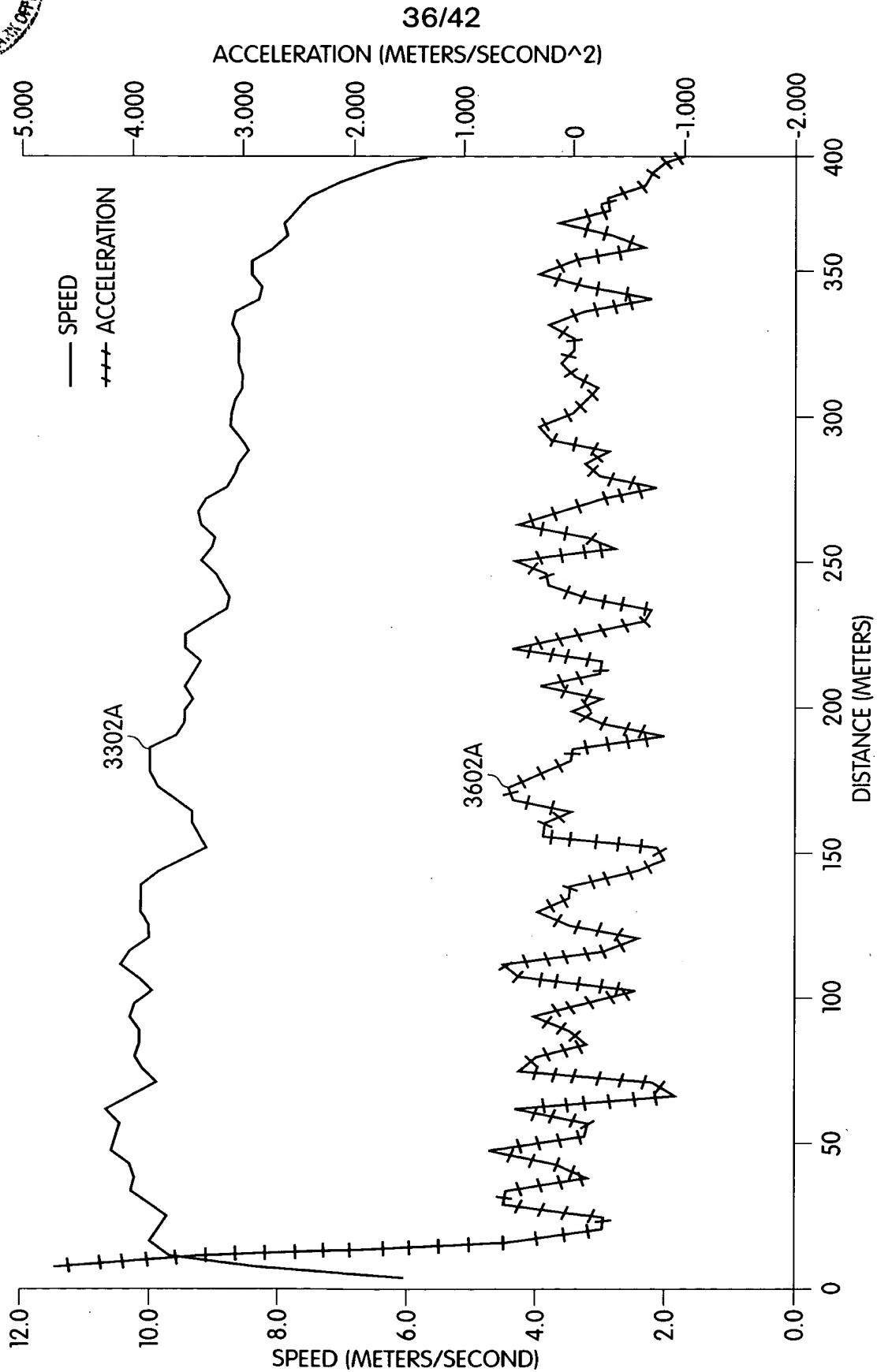


Fig. 36A

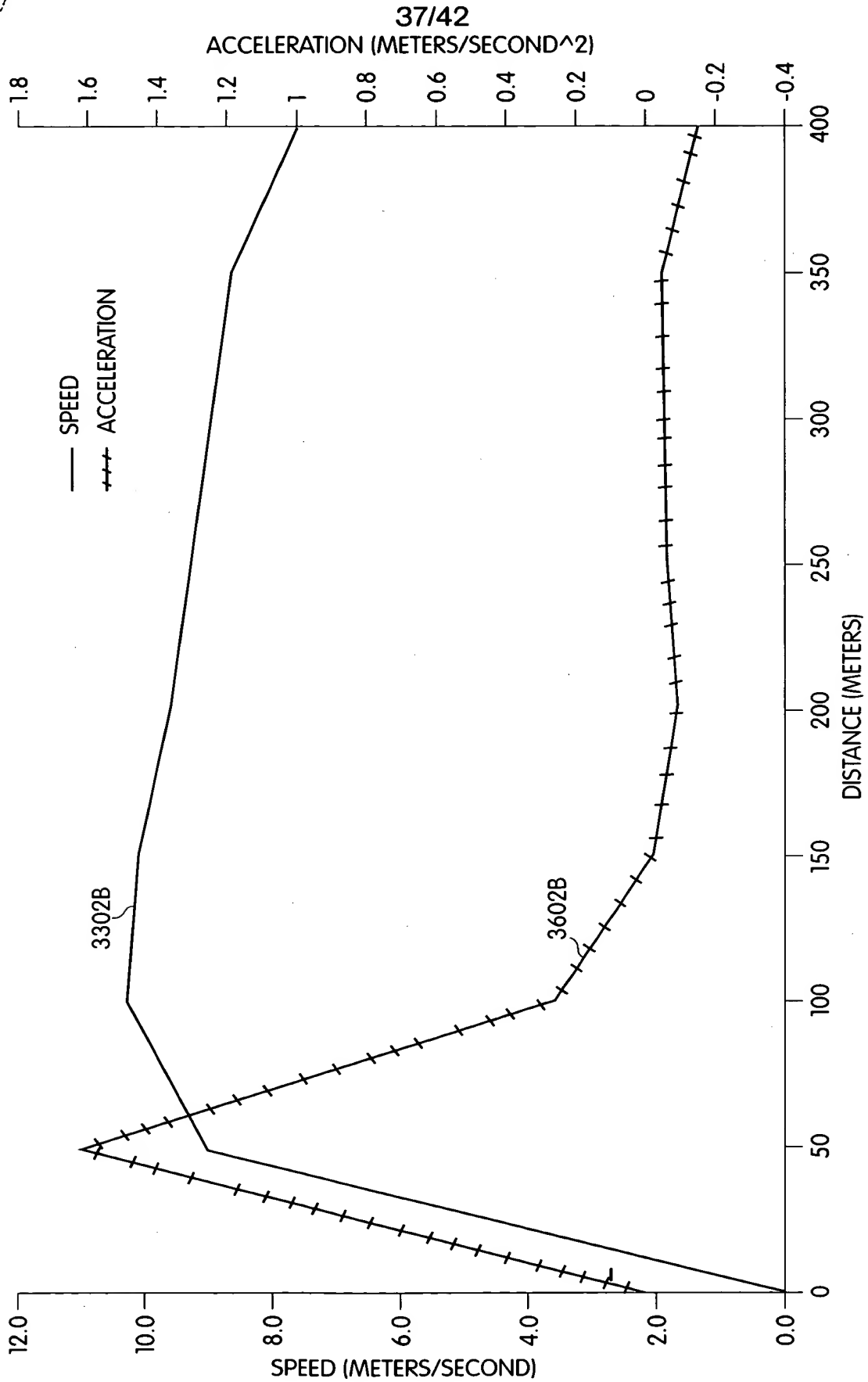


Fig. 36B



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DISTANCE	RACE TIME	SPLIT TIME	AVERAGE SPEED	AVERAGE STRIDE LENGTH	AVERAGE STRIDE LENGTH	AVERAGE STRIDE RATE	AVERAGE BURN RATE	TOTAL CALORIES	ACCELERATION
METERS	SECONDS	SECONDS	METERS/SECOND	METERS	FEET	STEPS/MINUTE	CALORIES/MINUTE	CALORIES	METERS/SECOND
0	0	0	0	0	0	0	0	0	0
50	5.6	5.6	9.0	2.22	7	249.5	41.1	3.7	1.621
100	10.4	4.9	10.3	2.39	7	257.9	44.2	7.3	0.257
150	15.4	4.9	10.1	2.37	7	256.1	43.9	10.9	-0.030
200	20.6	5.2	9.6	2.22	7	259.7	42.3	14.6	-0.100
250	26.0	5.4	9.2	2.18	7	255.1	41.3	18.3	-0.063
300	31.6	5.6	8.9	2.15	7	250.4	40.5	22.1	-0.054
350	37.4	5.8	8.7	2.20	7	236.1	39.6	25.9	-0.048
400	43.9	6.5	7.6	2.18	7	211.1	36.5	29.9	-0.155
SPLITS									

Fig. 37



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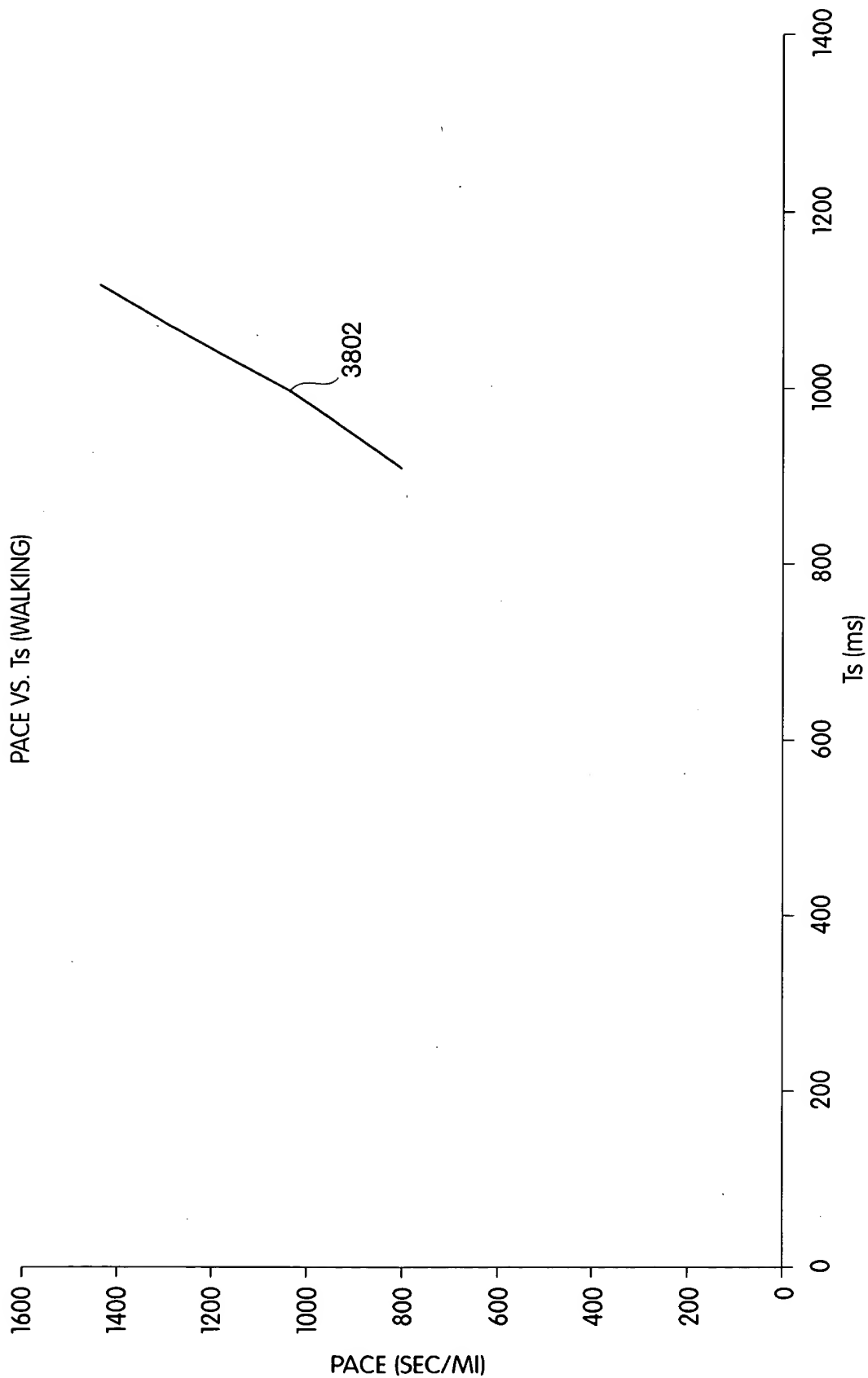


Fig. 38



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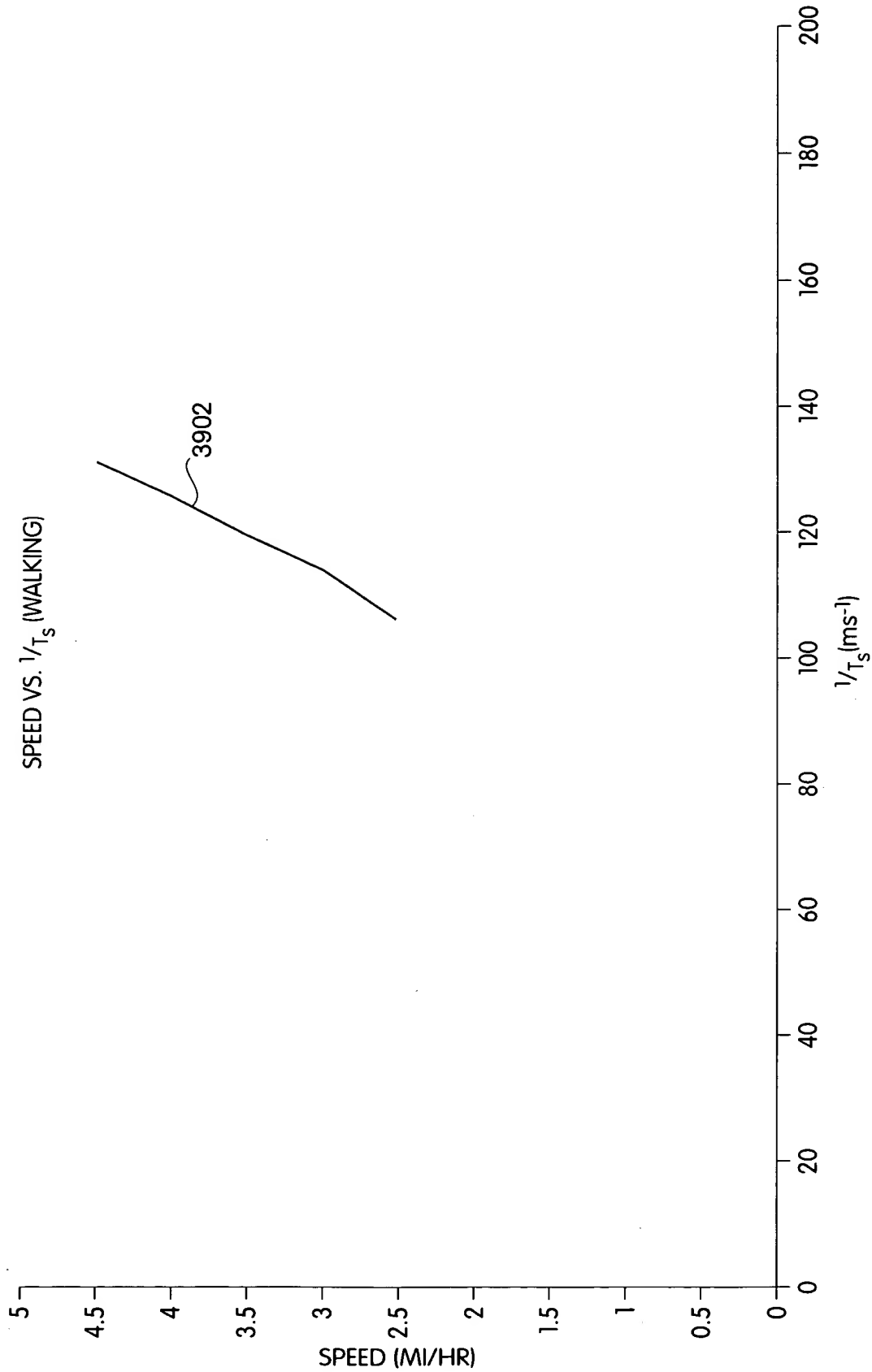


Fig. 39





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SPEED (MPH)	PACE (SECONDS/MILE)	Tc (ms)	Ts (ms)	AVERAGE GROUND FORCE (LBS)	STEPS PER MILE	STRESS PER 1/10 MILE (LBS)	STEPS PER MINUTE	STRESS PER MINUTE (LBS)
5	720	302	730	181	986	17881	82	14901
6	600	270	702	195	855	16667	85	16667
7	514	254	676	200	760	15177	89	17717
8	450	234	652	209	690	14423	92	19231
9	400	214	638	224	627	14019	94	21028
10	360	204	618	227	583	13235	97	22059
11	327	190	600	237	545	12908	100	23684

Fig. 40



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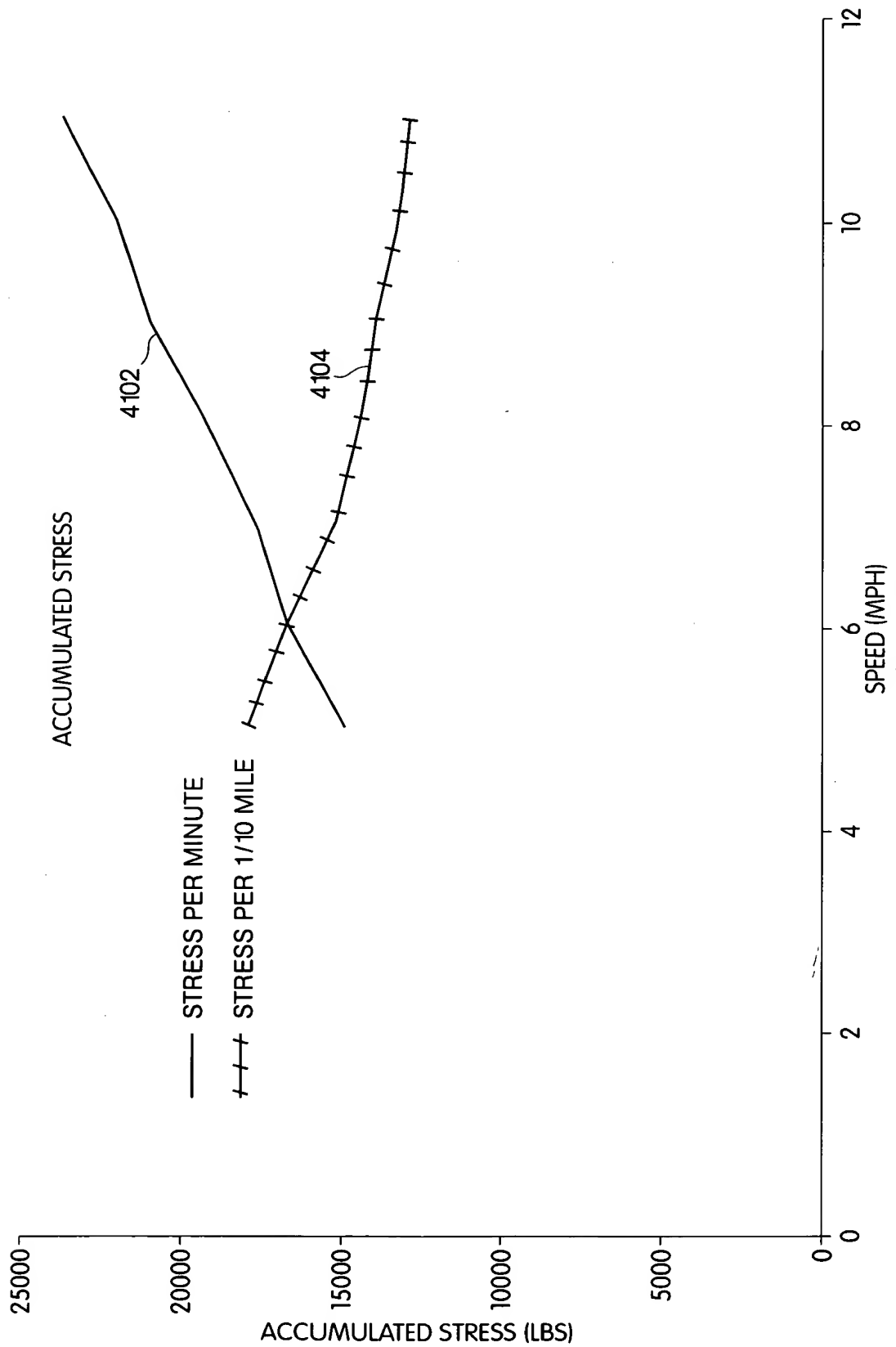


Fig. 41